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SPRING 2016

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FROM THE EXPERTS

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WHAT'S OLD  
IS NEW AGAIN

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ARCHITECTURAL  
DESIGN

REDUCING  
TEST ANXIETY  
HOW TO CURB KID JITTERS  
AND IMPROVE SCORES

SUPERCAR  
DINING

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& RUNWAY-  
INSPIRED STYLES  
FOR A MUST-HAVE  
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GRAINS FOR A  
HEALTHY DIET

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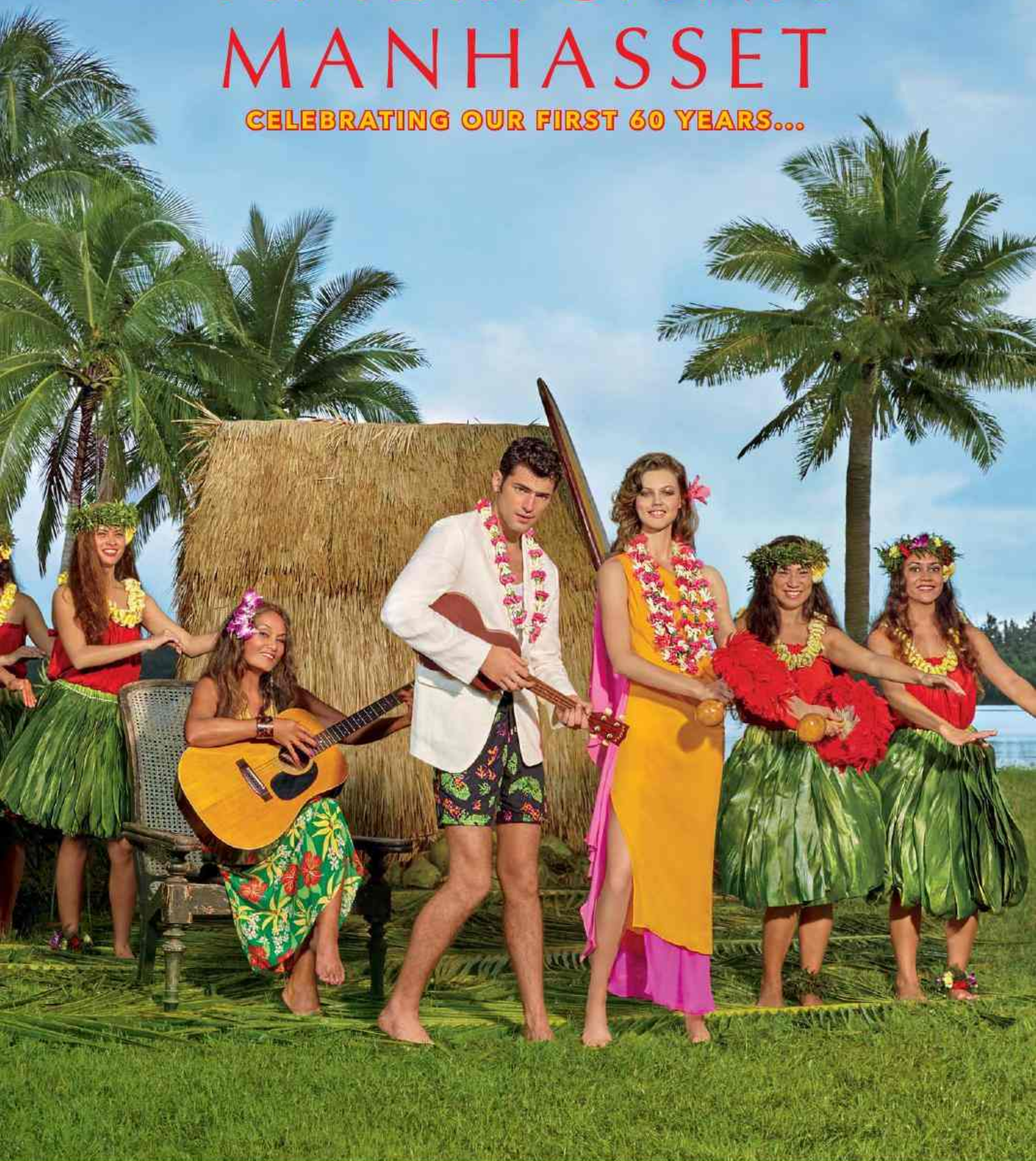
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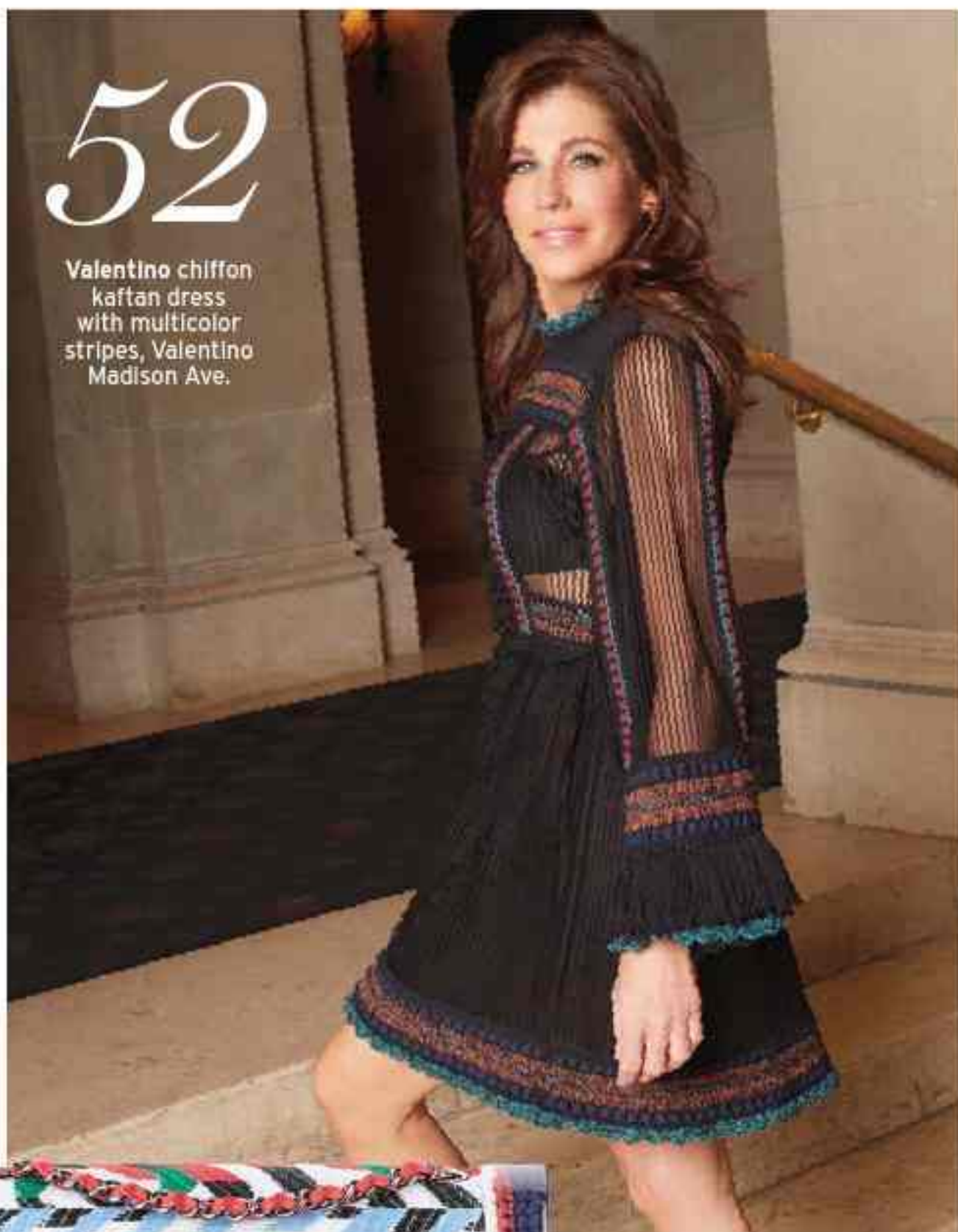
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Valentino chiffon kaftan dress with multicolor stripes, Valentino Madison Ave.



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The Condado Vanderbilt, Puerto Rico.

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In a world where everything is a phone tap away, luxury retailers and restaurateurs are working harder than ever to offer one-of-a-kind experiences to guests.



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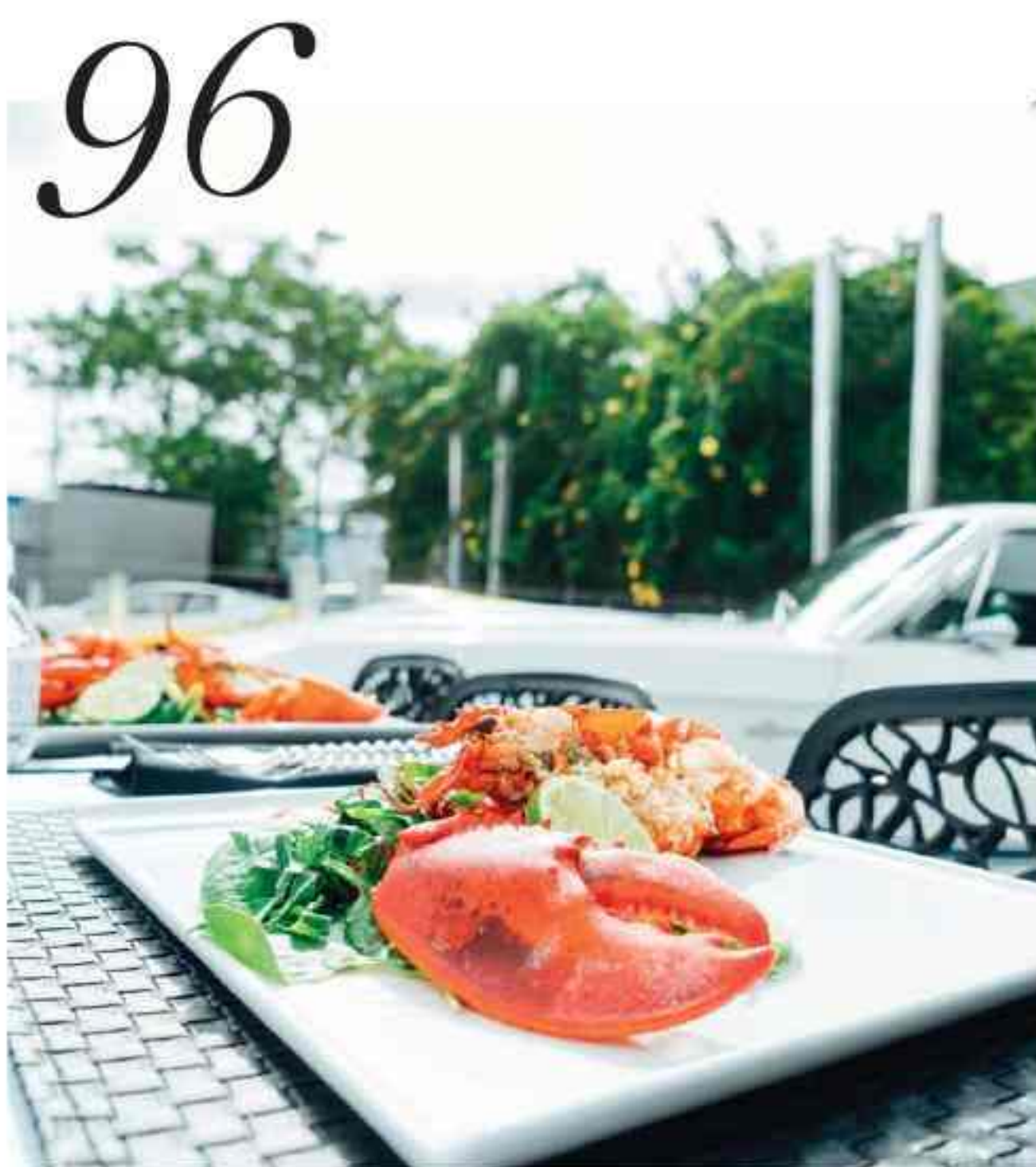


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SPRING 2016

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Scientists have put modern technology to use, using DNA genetic testing, to maximize individual fitness and nutrition goals.

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Your home office should be the perfect balance of high tech, function and comfort. Tapping into the latest technology, here's how to obtain the ultimate haute and homey, high-tech office.

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Look who's out on the town! Plus: don't miss details for the 13th Annual Woodbury Ball for Autism on page 104, the ultimate charity event of the year.





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## SPRING FASHION at WHEATLEY PLAZA



Kate Mack, Sally Miller & Dori Creations at **Tutti Bambini**



Pete the Cat at **Funky Monkey Toys & Books**



Rifle Paper Co. at **Paper Source**



Jordan, Nike, Under Armour & Messi at **Sneakerology**



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## editor's letter

**As a mom of a teenage daughter** (time is moving way too fast) I watch her get anxious when it comes to test-taking. She's an excellent student but the anxiety is almost part of a ritual. I work with her to reduce her stress and prepare, reminding her that all she can do is her best... as long as it's an A, lol 😊. Seriously, the stress factor can crush a kid – any of us really – and there are ways to deal with it. For us, we go old school with 'to do' lists; these truly clear her mind. What's more, I learned a thing or two from "Reducing Test Anxiety" (88) which offers helpful tips for any parent.

Kids of all ages was our experience with this issue's spring fashion report. With our fabulous over forty mom models, we had a blast styling kids from 6 to twenty-one years old allowing us to hit all the wearable trends of the season. One of our beautiful young ladies even came down from Boston for the day; thanks Brie! Following our family shoot we shot on location at The Sands Point Preserve. Not only did this set an outstanding backdrop for our fashion photos (we were in awe of this grand mansion, its history, architecture and beauty) it had me



even more excited to host our 13th annual **Woodbury Ball for Autism** in this venue. For those who know this event, which I'm proud to say are many, you know this is a pull-out-all-the-stops party of the year to support this tremendous cause. This year's beneficiaries, well-deserving honorees, production partners and committee make me incredibly proud to be a part of it. Please be there and make all the hard work pay off; details (104).

Working hard inspired me to selfishly assign a high-tech home office report (46) to our "cool stuff" reporter. Packed with great goods and gear I now have a few new items on my shopping list. Thankfully, as hard as I work, I do my best to play hard, or as hard as I still can; and travel tops my playlist. Debt crisis notwithstanding, there's no better time to visit Puerto Rico. "Paradise without a Passport" (66) will have you packing your bags. And for those Miami bound, you'll find an interesting twist in "Experimental Dining" (96).

Of course with travel – usually to the beach – comes swimwear. Yikes. Living in a "North Shore" world steeped in physical fitness, you don't want to miss our "DNA Fitness" (83) report. Yes, it's true. Scientists are now using genetic testing to help individuals understand exactly where their best benefits in exercise and nutrition lie. And yes, it's as simple as a cotton swab, just like CSI. For those not going as far as DNA, eating right always makes a difference. Whether it's learning about whole grains (86) in our nutrition report or weight gain in pregnancy in our women's health Q&A (92), there's something to that corny saying, "you are what you eat." And there's no better example of that than in your complexion. To get your spring face on, the experts share at-home beauty tips (32) that make a difference.

With even more editorial to choose from, we hope to have kick-started your spring into having one hell of a season. Wait! Before I sign off, we are now accepting entries for our annual Mini Me contest; one of my favorite photoshoots of the year. If you or someone you know has a mind-blowing resemblance to their child this is not to be missed. See Lookalike Alert! details (31) among our spring promotions pages packed with exclusive opportunities just for you. Happy Spring. See you at the ball.

Enjoy!

*Jennifer*



Stress-free with my beautiful Olivia.

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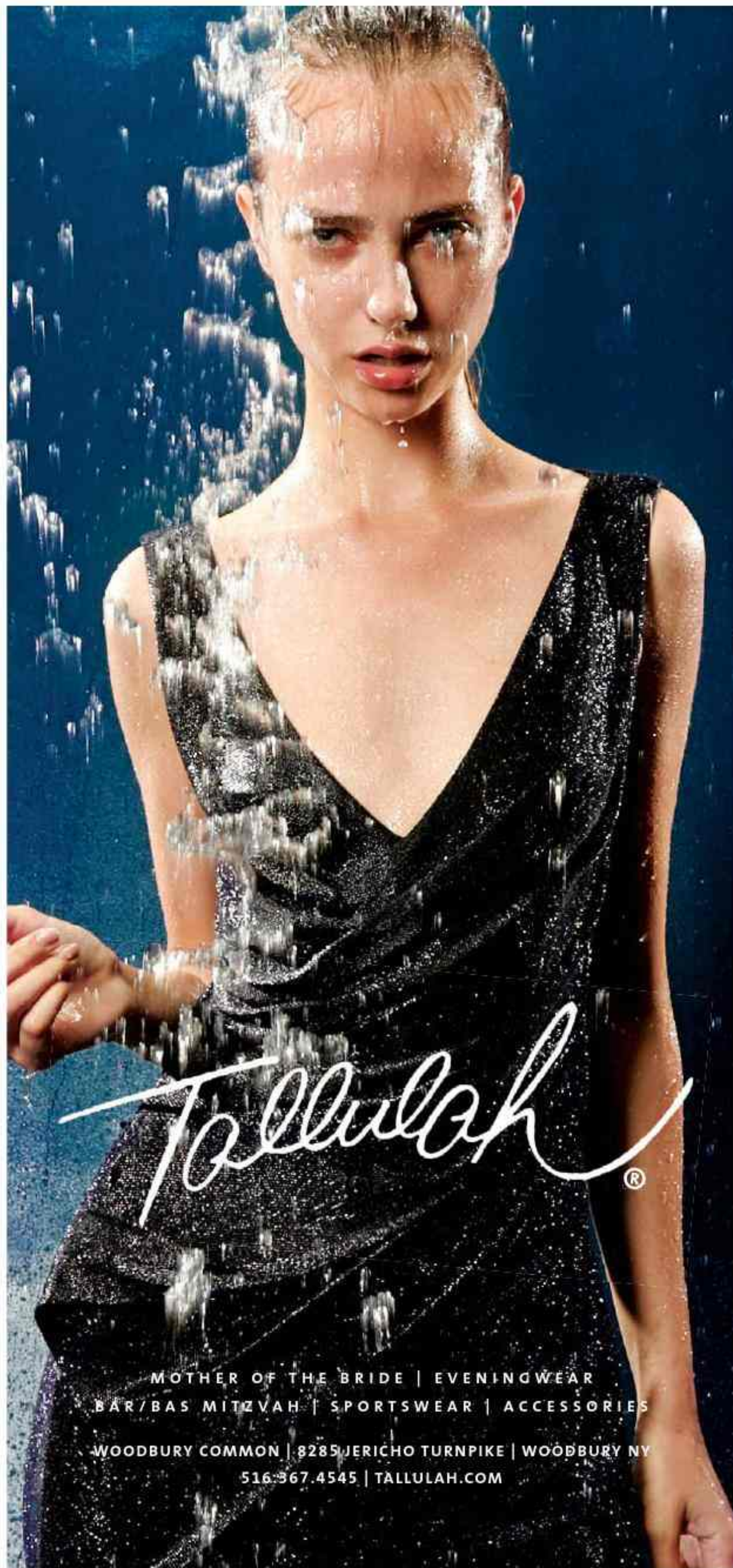




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## contributors



**Wendy Fried, M.D.**, is a leader in the field of obstetrics and gynecology and shares her expertise through vast experience with *Woodbury* readers. In *Woodbury's* women's

health report on page 92, Dr. Fried answers today's most frequently asked questions about obstetrics and gynecology. There should never be a question unanswered by one's physician, taking into account the specifics of individual care. From sex selection, surrogacy and breast feeding to breech babies, pregnancy weight gain and labor pain relief, light is shed here. Dr. Fried has been in private practice with Northern Obstetrics and Gynecology, P.C., since 1995 and is an attending physician at North Shore Hospital. She is also a clinical instructor in obstetrics & gynecology at NYU School of Medicine and is a Fellow of the American College of Obstetrics & Gynecology (ACOG) and American College of Surgeons (ACS).



Grains, especially whole grains, are an essential part of a healthy diet.

According to the staff at **Mayo Clinic**, all types of grains are good sources of complex carbohydrates plus some key vitamins and minerals. They are also naturally low in fat. However, while many already consume a great deal of grains, are they whole? The Dietary Guidelines for Americans recommend that at least half of all the grains you eat are whole. In *Woodbury's* nutrition report on page 86, learn to look for whole grains that have been fortified with folic acid, such as some ready-to-eat cereals. Find out why whole grains are better than refined, and how to add more into your diet.

**Dr. Michele Borba** is an internationally recognized author, speaker and educator on parenting. According to Dr. Borba, almost 20 percent of tweens and teens experience test anxiety, but with today's high-stakes testing, the condition is being diagnosed in even the youngest students. In "Reducing Test Anxiety" on page 88, Dr. Borba shares parenting tips to help curb kids' test jitters, plus prepare, improve scores, and know when it's time to seek medical advice. Dr. Borba has appeared as a guest expert on "Today," "The Early Show," "The View" and NPR, among others. She is the award-winning author of 20 books including *No More Misbehavin'*, *Building Moral Intelligence*, *Don't Give Me That Attitude!*, and *Nobody Likes Me, Everybody Hates Me* (all Jossey-Bass). For more information, visit [micheleborba.com](http://micheleborba.com).





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# woodbury

## SPRING PROMOTIONS YOU WON'T WANT TO MISS

### dining & entertainment

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**Garden City Hotel:** You don't have to don a bonnet to enjoy Garden City Hotel's extravagant Easter Brunch on March 27th, just bring your appetite! Seatings are scheduled from 11am-3pm. \$85 per person plus tax and grats; \$45 per child plus tax and grats. And what better place to view the Kentucky Derby on May 7th than the Polo Lounge? Call for additional information and reservations. Garden City: 516.747.3000: [gardencityhotel.com](http://gardencityhotel.com)

**Melrose Ballroom:** No need to bus those kids for the Bar/Bat Mitzvah! Melrose Ballroom, the coolest private event and live music concert venue, will do it for you! This sprawling venue is now including luxury coach transportation to their door in Long Island City with special packages. What's more, they are now in partnership with catering favorite Alan Feinstein from H Events. Long Island City: 718.255.6921 ext. 101: [melroseballroom.com](http://melroseballroom.com)

**Rare650/Insignia/Blackstone Steakhouse:** This is a Surf & Turf deal not to be missed. Sundays for \$55 (plus tax and grats), yes you read right, enjoy Surf & Turf dinner for two including filet mignon, 2 lb. Maine lobster and more (includes appetizers and sides). And be sure to ask about private affair bookings. Rare650: Syosset: 516.496.8000: [rare650.com](http://rare650.com); Insignia: Smithtown: 631.656.8100: [insigniasteakhouse.com](http://insigniasteakhouse.com); Blackstone Steakhouse: Melville: 631.271.7780: [blackstonesteakhouse.com](http://blackstonesteakhouse.com)

### fashion forward

**Americana Manhasset:** Enjoy lunch with friends while viewing a presentation of spring's top looks at the Spring Fashion Luncheon taking place on March 31st at Toku Modern Asian. Plus, in addition to newcomers Bandier, the first curated luxury fashion, fitness and music boutique and MRKT, the newest retail concept from Hirshleifers, be on the lookout for the newly expanded Tory Burch shop opening in May. Manhasset: 516.627.6700: [americanamanhasset.com](http://americanamanhasset.com)

**Inside the Armoire:** Carrying the finest in luxurious designer intimates, lounge and swimwear be sure to check out the Marie Jo trunk show happening March 4th and 5th. Greenvale: 516.671.5749: [insidethearmoire.com](http://insidethearmoire.com)

**Jildor:** Celebrating 67 years in the business, Jildor will be opening their newest location in Wheatley Plaza this March! You can find favorites Aquazurra, Stuart Weitzman, Loeffler Randall, Rebecca Minkoff, ASH, Schutz, and 275 Central to name a few. Stay tuned for Grand Opening

Party info to be announced shortly. Cedarhurst: 516.569.4880: Great Neck: 516.487.6464: Woodbury: 516.367.3838: Wheatley Plaza (March 2016): Southampton: 631.283.2450: [jildorshoes.com](http://jildorshoes.com)

**Michael Allen Opticians:** This luxury eyewear boutique is exclusively introducing a unique, hand-made collection by Japan's most innovative eyewear designer Frency & Mercury. Be sure to check them out in store; you won't find them anywhere else. Woodbury: 516.364.1288: [michaelallenoptycians.com](http://michaelallenoptycians.com)

**Mitchells:** This luxury men's and women's fashion department store formerly known as Marshs is making a splash both in-store and online. Stylish trunk shows for your datebook: Samuelsohn (3/5), Brioni and Temple St. Clair (3/12), Ermenegildo Zegna (3/19), Coppley (3/26), Brunello Cucinelli Women's (3/31-4/1), Canali (4/2), Eton (4/23) and Temple St. Clair (4/30 & 5/6). New designers and dates added regularly. You can also take advantage of their new "Reserve-in-Store" service at [Mitchells.com](http://Mitchells.com) which allows you to browse the inventory in all five Mitchells locations and request merchandise be transferred just for you; no checkout process needed; just click and merchandise is brought in store for you to touch, feel and try on. Huntington: 631.423.1660: [mitchells.com](http://mitchells.com)

**Splurge:** Be on the lookout! This hot clothing boutique carrying women's fashion and accessories is opening its second location in Plainview this spring! Stay tuned for details. Albertson: 516.277.2565: [splurgestore.com](http://splurgestore.com)

**Steven Dann:** Carrying the latest and greatest must-haves from our favorite designers – Valentino, Giuseppe Zanotti, Schutz, to name a few – take advantage of ongoing sales and new merchandise arriving daily. Great Neck: 516.466.2071: East Hills: 516.625.1655: [stevendann.com](http://stevendann.com)

**Tallulah:** You can view their abundance in spring sportswear alongside specialty gowns and cocktail dresses, during these upcoming outstanding trunk shows: Helen Morley eveningwear (3/4 & 3/5 with personal appearance by Helen on 3/5), Ball of Cotton sweaters (3/17-3/19), Barbara Wells Studio (3/24-3/26), Liancarlo spring (3/24-3/26), Liancarlo fall (5/6-5/7). Woodbury: 516.367.4545: [tallulah.com](http://tallulah.com)


**The Girls Room:** Whatever your style, The Girls Room has something for everyone. This chic and trendy boutique is now carrying the latest by style icon Norma Kamali. Follow them on Facebook for news and upcoming events including trunk shows by Norma Kamali, Mgems Jewelry, Alexis Bittar and more. Woodbury: 516.364.7050: [shopthegirlsroom.com](http://shopthegirlsroom.com)

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**Wheatley Plaza:** The center welcomes Jildor Shoes opening in March! Stay tuned for grand opening celebrations. Greenvale: 888.627.2250; [wheatleyplaza.com](http://wheatleyplaza.com)

**Woodbury Village:** Mieka will be hosting the following trunk shows: Ysa Makino (2/25-2/28), Fouy Chov (3/17-3/20) and Stephen Yearick (3/31-4/3) Woodbury: 516.367.8755; [miekaboutique.com](http://miekaboutique.com)

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### Woodbury News

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**Aura Salon:** This spring Aura is pleased to announce the opening of its sister location Allure Salon & Spa, also in Great Neck. Opening as a L'Oréal concept salon, this full service salon will be offering more beauty related services including color, cuts, extensions, a blowout bar and extensive spa and skin care services. Also new and inside is Swag clothing and accessories boutique. New clients should mention Woodbury and receive 25% off services at both locations. Great Neck: 516.487.AURA (2872); [aurasalonlounge.com](http://aurasalonlounge.com)

**D-Fine Fitness:** Call to schedule a complimentary session at this premier personal training studio dedicated to fitness and individual nutrition and exercise and offering one-on-one sessions. Albertson: 516.484.6300; [d-finefitness.com](http://d-finefitness.com)

**Dr. Brian D. Cohen Plastic Surgery and Medical Spa:** Normally \$450, now \$250 for Woodbury readers, take advantage of Dr. Brian Cohen's very own pharmaceutical "Glow Peel" procedure which works from the inside out to help shed excess skin and correct hyperpigmentation. Flawless, glowing skin is yours for the taking. Call to schedule appointment. Great Neck: 516.773.4200; [cohenplasticsurgery.com](http://cohenplasticsurgery.com)

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**North Shore Vein Center:** We all hate varicose and spider veins. So we love Dr. Mark Schwartz, board certified surgeon at Long Island's premiere dedicated vein facility, who offers the latest technology and in-office procedures with minimal downtime to zap them to smithereens! Call for a free vein screening. Lake Success: 516.869.VEIN; longislandvein.com

### Woodbury News

**Woodbury Ball for Autism to take place Friday, April 15th at The Sands Point Preserve!**

*Details are on page 104. Buy tickets before it sells out!*

**Schlessinger Eye and Face:** Put the "spring" back in your skin with a customized Ultherapy lift, the only non-invasive, FDA-cleared procedure to lift skin on the neck, chest, chin and brow. Mention Woodbury Magazine for a complimentary mini-facial and skincare analysis with your Ultherapy consultation. Woodbury: 516.544.0825; schlessingereyeandface.com

### jewels & gems

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**Sophie Reese:** Visit this boutique exploding with incredible jewels for any occasion and be sure to check out the newest lines and collections including Bourbon & Bowties, Charriol, Elizabeth & James, Fourkeeps, and Thomas Sabo. The Shops at Walt Whitman/Huntington Station: 631.427.3200; sophiereese.com

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**Elements Distinctive Lighting & Home Furnishings:** Woodbury magazine readers receive 15% off designer brands and a complimentary consultation through March 31st. Whether city chic or grand classical interiors, you will find all your lighting needs in their award-winning showroom with premier collections from Ralph Lauren, Visual Comfort, Schonbek, Waterford, Fine Art Lamps, Crystorama and more. Carle Place: 516.747.4748; [elementsathome.com](http://elementsathome.com)

**Mitchell Gold + Bob Williams:** Inspired by the warmth & sophistication of a chic summer holiday circa 1970, the 2016 spring collection brims with modern looks for relaxed living and entertaining year round. Soft yet striking colors and incredibly comfortable upholstery. Dining tables from expansive to space saving. Bars

## Woodbury News

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**Siena Marble & Tile:** Receive a complimentary design consultation at any of their three locations. Check out the incredible collection of breathtaking natural stone, artisan tile, glass, porcelain and mosaics from top designers. Huntington Station: 631.385.5017; Albertson: 516.246.9580; Merrick: 516.442.5200; [sienamarble.com](http://sienamarble.com)

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**Sherwood-TriArt Photography:** Here's your chance to take that family portrait you've always wanted, or the opportunity to give the perfect gift! Mention Woodbury magazine and receive 20% off framing and portrait photography. Call to book your session. Woodbury: 516.921.2700: sherwoodtriart.com

### woodbury news:

**The biggest charity event of the year has arrived!**  
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### Woodbury News

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Autism Speaks Long Island, Family Center for Autism, North Shore Autism Circle, and The Adler Center for Special Needs at the Mid-Island Y JCC will take place on Friday night, April 15th at The Sands Point Preserve's Hempstead House. This Gold Coast mansion extravaganza produced in part by top design and production partners is a must-experience. Support this tremendous cause through sponsorship, journal and tickets. Details on page 104 and at woodburymagazine.net

**Lookalike alert!** Our annual [Mini Me](#) contest is underway with entries due March 18th. To enter, mail 3 photos (for consideration only, not to be printed; digitals are fine) of any parent/child combination (grandparents too) with ages, town you reside, and contact information to: ATT: Mini Me, Woodbury magazine PO Box 387, Woodbury, NY 11797 Submission will not be accepted via email. Winners will be notified and will participate in a photoshoot to be featured in the summer 2016 issue.

**Here's your chance to model for Woodbury magazine!** As we receive ongoing "Model Call" mail we also receive many phone calls. If interested, please visit woodburymagazine.net to learn how it works. We welcome you and your family to be a part of the fun.



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# Beauty Tips

*Make This Your Hottest Spring Yet*

Where it might be quite a stretch to book services with Kim Kardashian's nail expert or Sarah Jessica Parker's brow guru, now there's no need. We reached out to our favorite beauty experts to exclusively dish their top secrets to perfect spring looks all on your own.

## BROWS

Gorgeous model-turned-actress Cara Delevingne may have ushered in the era of the eyebrow, but it's no fad. Brows are key to shaping your face. "Avoid magnifying mirrors because you'll lose perspective and over tweeze; instead pluck in dull lighting," says celebrity brow expert and founder of Sania's Brow Bar, Sania Vucetaj.

Vucetaj, who has tended to the brows of Sarah Jessica Parker, Rihanna and more, says it's equally important to avoid over-trimming as this creates a choppy and uneven brow. "Very few women actually need trimming, but for those that do, brush hairs up and just trim those that stick out of the majority." She also suggests opting for tweezing over threading or waxing. "Tweezing is the most precise method because you're only pulling a single hair at a time. With brows, every hair makes a difference in its shape. Waxing lacks precision and stretches this delicate skin area while threading pulls hairs in every direction, which causes breakage and creates ingrowns."

But how to pluck? Vucetaj explains that there's a common misconception that brows must align with your nostril, when they should actually align with the top bridge of the nose. Separating brows too far apart makes facial features appear wider. If a plucking mishap has occurred, be sure to avoid getting any lotion, gel, sunscreen, foundation or moisturizer on or around the brow area. "These seep into the brows and cause hairs to fall out as well as prevent hair growth."

In the meantime, you can always fill in your brows with pencil. Be sure not to go more than one shade darker than your natural color. "This will enhance your brows and bring out your eyes without exaggerating them," offers Vucetaj. "Brows are meant to enhance - not to distract."

(Leave-in conditioners, blow dry serums, and other styling aids help protect the hair from heat.)

## HAIR COLOR

"Regardless of hair color, in the spring I always like to take the hair a bit lighter to brighten up the whole look and keep it fresh," says master colorist and co-founder of Warren-Tricomi, Joel Warren. Upkeep at home, however, is as critical as in-salon treatments. "You need to be hyper-aware of the products and styling tools you're using," says Warren. "Leave-in conditioners, blow dry serums and other styling aids help protect the hair from heat. I would also recommend using a boar's head brush like Mason Pearson, a professional grade blow dryer, and avoiding any products not created specifically for color treated hair. These tools help protect the hair and minimize damage to both hair health and color."

If you're going to be so bold as to color your own hair at home, Warren recommends staying as close to your natural hair color as possible. "In terms of covering up grays, it's important to make sure you're using the right type of color. If you have more than 40% gray hair, you need to make sure you're using a permanent hair color; temporary or semi-permanent color simply won't cover the gray hair well enough."

By/SHARON FEIEREISEN



## HAIR STYLING

"In the spring, it's great to start going shorter with your hair cut," says master stylist and co-founder of Warren Tricomi, Edward Tricomi. "More fun and short styles work really well like, for example, the modern shag. It's a timeless cut that is very easy to maintain. If it is cut properly, it will grow out perfectly and evolve in a flattering way for any face-shape."

Maintenance should also change with the seasons. "Always swap out winter shampoo and conditioner and change to spring/summer hair care regimens. As seasons change, so do hair needs and conditions," says PhytoSpecific national educator Ron William. "Generally, you'll need a more hydrating hair care treatment in the winter and more sun protection in the summer. Spring is always a good time to repair hair damage of the colder months."







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If you don't wash your face at night, it can hinder skin from repairing itself.

## SKIN

If there's one question facialists are asked constantly, it's how to treat blemishes. We all know not to pick since this will allow the bacteria to spread and cause scarring, but Judit Galambosi, lead therapist at Erno Laszlo, says it's important to apply ice to soothe inflammation reducing the redness and swelling. "You'll also want to apply lemon juice on the breakout. It reduces inflammation and kills bacteria. So does taking a zinc supplement every day since it's a powerful antioxidant. Galambosi further notes that if you don't wash your face at night, it can hinder skin from repairing itself. Washing in the morning is equally imperative, as it removes toxins and sebum so the treatments can work effectively.

Diet can also play a crucial role. "What you eat doesn't influence your skin type, but it influences your skin condition," says Galambosi. "Incorporate foods that are rich in antioxidants, like blueberries, spinach and carrots, and include foods high in omega-3 fatty acids like salmon and hazelnuts." ■



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# the essentials

STRAPPING NUDES





## MAKEUP

One of the biggest beauty myths, according to Emma Bruzzesi, district manager at Bluemercury, is the need for full coverage foundation. "Most women can get away with using a BB or CC cream, tinted moisturizer or light foundation for concealing or blurring minor imperfections." Bruzzesi adds for makeup to last and soften flaws, a foundation primer is imperative. She also recommends those with oily skin to opt for blotting papers instead of powder to keep the skin from getting cake-y.

Not all foundations are created equal when it comes to finish and coverage. "One of my ultimate tricks is to use a primer that I add to any type of foundation whether wax, liquid or silicone based; even the most hard to spread foundation types can instantly become one with the skin. You no longer have to only use sheer formulas or tinted moisturizers to perfect the HD complexion," says celebrity makeup artist and co-founder of Veil Cosmetics, Sebastien Tardif.

( To make the color last, apply a bit of concealer to the lip, then apply color from the tube and work it into the lip with your finger or a lip brush. )

Tardif, a go-to for Naomi Campbell, Jane Fonda, Olivia Palermo and others also says it's important to start with eye makeup before you apply any concealer, foundation or even BB cream. Why? "No more under eye clean up and ruined concealer with mascara or fallen powder eye shadow in the midst of blending a smoky eye. Trust me, after years of wasting precious time on set trying to clean up an eye makeup mess, erasing concealer or worst, trying to fix a concealer that just keeps on turning green or grey because of navy or black eyeliner, it's the best solution!"

Spring is also a great time to experiment with new trends. "Blue eyeliner and shadow were big on the spring runways. Think sexy, slept in look, versus perfect application," says Bruzzesi. "They're especially flattering in a navy or deep shade, which make the whites of the eye look whiter and bright. Apply close to the lash line or in a tight line application method with a couple coats of mascara for a fresh but office-appropriate look. Cheek and lip should be polished in soft neutral tones." The beauty pro adds that for a fun night out, you can go a bit more daring with a brighter shade of blue or turquoise smudged along the top and lower lashes, followed by a coat or two of black mascara. The rest of the face should be fresh, clean and neutral. Eyes are the focus."

If, conversely, you prefer the focus to be on your lips, Bruzzesi says that "another look that was seen was a bright, punchy lip in red, raspberry or magenta, paired with a clean soft eye and dewy skin." Lips could also be stained in these same shades of red. This look, she says, is more of a fresh look rather than a perfect drawn mouth. Think how lips look after eating a popsicle. "To make the color last, apply a bit of concealer to the lip, then apply color from the tube and work it into the lip with your finger or a lip brush. To further lock the color in place, apply a sheer coat of loose powder to set it. Apply eye base or a neutral color shadow to the lid to even out skin tone followed by a coat of black mascara. Blush should be sheer and natural."

## NAILS

If there's one nail trend that's here to stay, it's trimmed and rounded gel manicures (no matter how often XXL pointed nails pop up on red carpets!), but let's get one thing clear—all those polish brands that promise "gel effect" without the use of an actual UV or LED are fooling you. It's nothing more than a marketing term for "long-lasting" or "high shine." You can, however, re-create the long-lasting effect of a gel manicure at home using a UV or LED light to cure it (i.e., make it "dry") and specially formulated polishes (i.e., ones that will not dry unless you have a specially formulated light).

"The real difference between the DIY versions of gel polish and in-salon gel polish is the person who is applying it," says Gelish lead educator, Danielle Candido. "The product itself is primarily the same. It's simply a smaller version with a lower wattage light so the cure time might be longer than those used in a salon." Gel polish, she says, will not only last longer, but it won't stain the nail and when removed properly, is kinder and gentler to the natural nail than regular polish. Note that just like regular nail polish, gel polish becomes unusable after a period of time. "It varies by brand but a good general time frame is 18 months from purchase. It's best to store your gel polish upright inside a container or cabinet, avoiding natural daylight."

As for removal, Candido, who has created nail trends for the top fashion runways, underscores to never peel off your gel polish (though it's very tempting!). "Because of the way it bonds to the natural nail, you will strip the top layers of your nail. Choose a brand that has its own remover rather than one that requires straight acetone to remove it."

If you opt for traditional polish for a DIY manicure, it's imperative to start with an oil-free nail plate. Use a cleanser, says Gina Edwards, celebrity and runway nail artist. Edwards, who has worked with Thakoon, Alexander Wang, Taylor Swift and Kim Kardashian among others, stresses that your first coat of polish should always be a base coat. "Remember to swipe the brush across the free edge. This allows your color coat to adhere better." While a solid color—or one finger accent color—is always nice for those looking to work in a spring trend, Edwards suggests layering. "A great spring trend is taking a beautiful Pantone color in the quartz family such as Morgan Taylor Prim-rose and Proper or It's Gonna Be Mei as your base color and layering it with a sheer iridescent on top for an alluring effect."





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**EDIE PARKER**  
Stripe clutch,  
\$1195;  
edie-parker.com



**MONIQUE LHUILLIER**  
Meryl gunmetal crepe satin ankle  
strap platform sandal with fringe  
detail and stiletto and cage heel,  
\$2395; moniquehuillier.com



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Boat sneaker in black and multi Veau Velours,  
grosgrain and Clair de Lune strass  
accents, \$1345; christianlouboutin.com



**GIUSEPPE ZANOTTI DESIGN**  
Mary Jane silver strappy flat sandal, \$695;  
giuseppezanottidesign.com



**VINCE**  
Mana sport sandal,  
\$275; Vince Americana  
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## accessories



**VALENTINO**  
Garavani multicolor embroidered lock bag, \$3895; Valentino Fifth Avenue and Valentino Madison Avenue

**GUCCI**  
Cerise leather belt with studs and feline head buckle in antique shiny brass finish, \$1390; Gucci Americana Manhasset



**MONIQUE LHUILLIER**  
Gemma multicolor embellished white frost rubberized leather miniature saddle bag wristlet with nickel hardware, \$1695; moniquelhuillier.com

**BOTTEGA VENETA**  
Vesuvio Ayers Microintrecciato details shoulder bag, \$2400; Bottega Veneta Americana Manhasset



**CHANEL**  
Tweed with silicone braid white metal bag, \$6400; select Chanel Boutiques



**GIUSEPPE ZANOTTI DESIGN**  
Amelie silver slide with gold metallic strap, \$495; giuseppezanottidesign.com



**JIMMY CHOO**  
Merry sandal in black suede with blue glitter plexi heel, \$1495; jimmychoo.com



**DIOR**  
Ever blue multi taurillon bag, \$3400; Dior Boutiques nationwide



**FENDI**  
By The Way python handbag, \$5300; Fendi Americana Manhasset

# stay on trend

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NEW YORK 2015



# The Homey, HIGH TECH OFFICE

by  
ANDREW  
MOORE-CRISPIN

**A** home office should be the perfect balance of high tech, function and comfort. It's about having an office space that feels like an oasis; a spot that you're comfortable and happy to work in so that work doesn't feel so much like work.

The best home office is the one that works for you. Ideally it's not a little corner in the kitchen but even if it is, you can still deck it out with the tech you need to get the job done and be comfortable while doing so.

**KOTO AIR, \$139 + \$89**  
**KOTO.IO**

Environment has a lot to do with your well-being, which in turn has a lot to do with your productivity. The Koto Air system helps to ensure your work environment is in balance; that it's not too hot, too cold, too humid, too dry, too dusty, too loud or even too bright or dark. A companion iOS/Android/web app will then advise you on how to make rooms more conducive to working, resting and keeping you healthy. This could be by doing something as simple as opening a window, turning on light, or dialing up the heating.

The base station (that's the \$139 part) communicates with the Koto cubes (\$89 each) and sends your home's data up to the cloud where you can access it on your smartphone or tablet.

**LACIE CHRISTOPHLE**  
**SPHÈRE, \$490**  
**LACIE.COM**

The hard drive you use to back up your computer doesn't have to be a boring black slab. If you like what LaCie is doing, the lowly hard drive on your desk can be transformed into art. Or at least eye candy.

The Christophle Sphère is a diamond in the hard drive rough. It's a beautifully hand-crafted, silver-plated globe that hides a 1 TB (1,000 GB) hard drive beneath an ultra shiny surface. It's like a study in minimalism. Now, granted, you could find a reasonably attractive and equally reliable 1 TB drive for under \$150 with a little shopping around, but you'd be nowhere near as proud to show it off.



Steelcase  
Gesture, \$979



LaCie Christophle Sphère, \$490



OneLess Desk, \$775

**CUBII, \$319**  
**MYCUBII.COM**

You've probably heard the new saying that "sitting is the new smoking." Hyperbolic, sure, but the core point it's driving at is sound: sitting all day is not good for us. This gadget makes sitting the new cycling instead.

This isn't some crazy niche idea, as there are many similar products out there. The Cubii is the first to hit all the right tech notes though. This is a Bluetooth-enabled under-the-desk elliptical trainer. Paired with your smartphone and the Cubii app, you can track and share your progress, see how far you've traveled or set up a competition with friends.

The Cubii uses an elliptical pedaling action as compared with the more traditional circular motion. That's a much more practical choice for pedaling underneath a solid desktop... for reasons that are probably pretty obvious.

**LG CINEVIEW 34UC97, \$1,299.99**  
**LG.COM**

Back in the day, you'd get an impressive hand-crafted mahogany desk with a classy leather-bound blotter to show that you'd made it. Now, you get a computer monitor that looks like it belongs in the living room to demonstrate just how far you've come.

Aside from offering a generally more



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## cool stuff

pleasant experience than hunching over a laptop, a second monitor quickly becomes part of your daily digital workflow. Consider the LG UltraWide 34UC97 the Cadillac. It's got a beautiful 34 inch curved display that looks almost as good when it's turned off as it does on. The rounded profile isn't just striking, it also puts more in your field of view, which makes for a more pleasant, less eye-straining computer experience.

### COMMAND CENTRAL

*If you're pulling a standard nine hour day, five days a week, that means well over 2,000 hours a year spent at your desk. That's a lot of time spent with your desk and chair. It makes sense to invest, given that you'll end up spending more time with these items than pretty much anything else in the house.*

#### HERMAN MILLER AERON WORK, \$729 HERMANMILLER.COM

The ultimate office chair is a balance of form and function: It needs to comfortably cradle your posterior and look good while doing so.

The Aeron Work has more adjustments, levers and rollers than you can shake your lumbar region at. There's a bit of a learning curve with the Aeron thanks to all the various adjustments you can make. The result of a little time spent getting familiar with all these options, though, is a perfectly tailored place to sit. Bum-cradling bliss, if you will.

#### STEELCASE GESTURE, \$979 STEELCASE.COM

This chair is designed around nine new postures that are the result of working with computers, smartphones and tablets day in and day out. Computer chairs are outmoded, Steelcase posits. We've evolved. We don't sit at attention at our desks. Our entire day is no longer confined to using one device—the computer—in one position. We rest on one elbow. We lean back. We pick up our phones and interact with our tablets.

It's got all the seating adjustments you'd expect on a top-end office chair. The biggest single change is in the huge range of motion and numerous points of articulation of the armrests; they can easily be pulled up to support the elbow or forearm while you engage in a protracted text message conversation. The chair is designed to move with you, which is to say adjustments are quick, simple and fluid.

#### ONELESS DESK, \$775 HECKLERDESIGN.COM

Let's not make too fine a point of the fact that OneLess Desk should probably be called OneDesk Fewer. Let's instead focus on the fact that this is a spectacular work surface designed to perfectly fit the modern home office where space is at a premium.

It's sort of two desks, really (OneMore Desk?). One desk holds the keyboard, mouse and the like. It nests underneath the other



Koto Air,  
\$139 + \$89



LG Cineview 34UC97, \$1,299.99



Altwork Station,  
\$5,900



Cubii, \$319



Herman Miller  
Aeron Work,  
\$729



Bekant Sit/Stand,  
\$499

which holds your monitor and computer. When you're working, slide the former from beneath the latter. When you're clocking out for the day, reverse the process.

The result: Room to spread out when you need it and a nice, clean look that sticks out just 15 inches from the wall when you don't.

#### ALTWORK STATION, \$5,900 ALTWORK.COM

To call the Altwork Station a mere desk does it a great disservice. It's desk and chair in one and it has more points of articulation and adjustment than you can count. Altwork boasts four main positions. The Sit and Stand positions should be pretty self explanatory. Collaborate and Focus require a little explanation.

In Collaborate, your workmate pulls up a chair and you twist the articulated monitor stand such that both of you can see everything that's on screen. In Focus mode, you make it very clear to everyone that you're not to be disturbed. The seat tilts way back, the monitor and work surface slide into place at your eye line and fingertips, respectively. You slip into a super comfortable zone and, ostensibly, experience more productive sprints than you ever thought possible. Or you take a nap. Your call.

#### BEKANT SIT/STAND, \$499 IKEA.COM

A little more practical, perhaps, the Bekant Sit/Stand desk from IKEA takes the standing desk out of the incredibly well-funded start-up and makes it accessible to everyone. Where standing desks can easily cost into the thousands, this one, from the well-known Swedish maker of all things flat-packed, makes a standing desk a reality for any home office.

A little control panel that sits just below the work surface lets you raise or lower the desk at the push of a button. When you're tired of sitting, just press a button to raise your desk to a comfortable level for standing. When you're tired of standing, well, let's not belabor the point. Suffice it to say, standing desks are pretty awesome.

As this is an IKEA product, plenty of thought has gone into keeping things neat and organized. A little hammock (for want of a better description) sits below the desk and lets you stash all the cables, cords and power bricks that make an office run.





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## cool stuff

### **CORDIES, \$9.99** QUIRKY.COM

If you find that you spend half your time looking for that errant charging cable that fell off the desk or fishing for the end of your headphones, this little desktop organizer is a lifesaver.

Cordies is a secure stow point for all the various cords, cables and connections that you need to keep close at hand. It tames cable clutter and saves time and frustration spent trying to trace loose cables back to their source.

Like all great ideas, it's simple. Stick the weighted base of the Cordies on your desk, put cables in between the rings to hold them in place. Easy.

### **LOGITECH BLUETOOTH MULTI-DEVICE KEYBOARD K480, \$59.99** LOGITECH.COM

If you do half of your business on a smartphone or tablet and the other half on a computer, this keyboard is so helpful. Effortlessly switching from just about any device that can take advantage of an external keyboard to just about any device that meets the same criteria, it cuts down on desktop clutter. It connects to these myriad devices wirelessly using the Bluetooth standard.

The well spaced out island-style keys are comfortable to type on and offer the satisfying tactile feedback that smartphones and tablets miss. As compared with the oft-uncomfortable tablet case and keyboard setups that we've all seen, it's a better solution for bashing out anything more than a couple of sentences.

### **CANON MAXIFY MB2320, \$279.99** CANON.COM

The paperless office. It's a nice thought. We're closer than ever before... but that's still not all that close. Sometimes, hard copy is the only choice. For such times, you're going to want a tool that is reliable, inexpensive to run and that can do more than just print pages.

The Canon MB2320 is an MFP or multi-function printer. In addition to printing jobs sent from your computer, tablet or smartphone, it scans pages and pictures, photocopies and faxes. Yes, some people still fax and you may need to communicate with those people at some point. If only to tell them that, contrary to the future vision contained in *Back to the Future II*, the fax machine did not stand the test of time—it's time to let go.

### **BELKIN CONSERVE SWITCH, \$39.99** BELKIN.COM/CONSERVE

The standard office space is awash in cables, cords, chargers and wires of every description. If your power management needs are modest—if you have a reliable power source and modern wiring—this is a great choice.

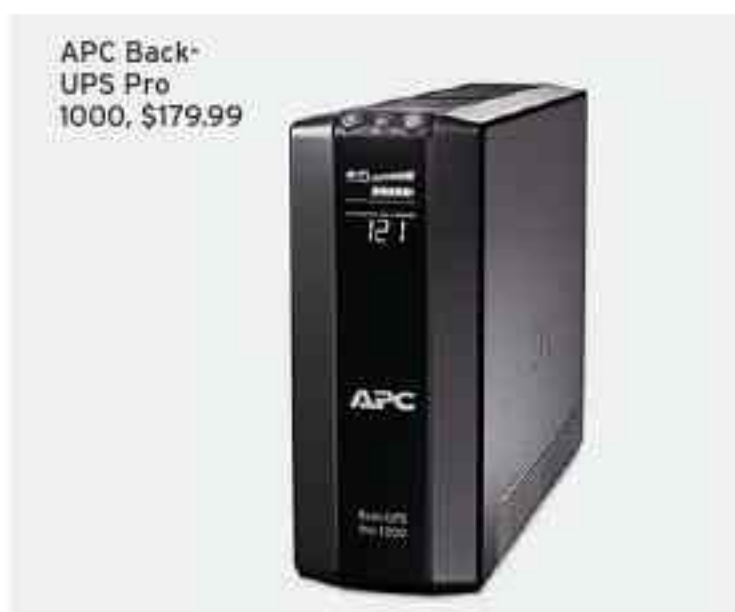
What sets the Belkin Conserve Switch apart is the mountable wall switch you can



Cordies, \$9.99



Canon Maxify MB2320, \$279.99



APC Back-UPS Pro 1000, \$179.99



Logitech Bluetooth Multi-device Keyboard K480, \$59.99



Belkin Conserve Switch, \$39.99



Sonos Play:5, \$499.99

use to power off your peripherals at night to stop "phantom power" (power your electronics use even when you're not using them) from driving up your utility bills. There are a couple of always-on outlets you can use to keep your home router routing and your modem, uh, modeming but everything else—your monitor, printer and other gear—can be safely shut off for the night when clocked out.

### **APC BACK-UPS PRO 1000, \$179.99** APC.COM

Consider this a Powerbar on steroids. In a power outage, an uninterruptable power supply, UPS, can mean the difference between saving your project before you shut down the computer and watching in horror as everything disappears with an unceremonious pop. A UPS is basically a big battery that buys you some time to safely shut down your stuff in the event of a black or brown out.

The APC Back-UPS Pro 1000 is a battery backup, power conditioner and surge protector in one package. Much bigger than your standard power bar (those batteries have to go somewhere), a UPS offers more peace of mind and is worth the space. If

you live with unreliable power or if the local grid is prone to surges, a UPS is a worthwhile investment. It can save that project you've been working on, but it can also save all the gear you have plugged in.

### **SONOS PLAY:5, \$499.99** SONOS.COM

If you like to listen to music while you work, consider a Sonos system in favor of headphones, or worse, your laptop's tinny speakers.

The beauty of the Sonos system is that you can control everything right from your smartphone or computer. If you have multiple Sonos speakers, your music can follow you around the house in perfect sync. All of your Sonos components can draw from one central music repository in your home and/or connect to any of several streaming music and online radio services.

Sonos' home theater offerings notwithstanding, the Play:5 is the biggest speaker in the line and it kicks out rich, full sound. It's perfect for the home office; it looks good and can be cranked way up before any distortion starts getting in the way when you're in the zone. ■





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FOR AIRE BLOW DRY BAR // **MAKEUP BY** SAMANTHA AND DANIELLE FOR AIRE BLOW DRY BAR





*From left to right:*

**Janet:** Alice and Olivia sequin jacket (\$1098), black shorts (\$188), white blouse (\$288) and pumps (\$325) all at Alice and Olivia Americana Manhasset. 18k white gold open circle diamond earrings (\$4995) at Le Joaillier Fine Jewelry. **Jennie:** Nina Ricci navy dress (\$1650) at Mitchells. **Kate Spade** Lydia heels (\$398) at Jildor. Sedoni Collection Swarovski crystal and resin earrings (\$375) at Sedoni Gallery. **Brenda:** Cynthia Rowley dotted wave smocked neck dress (\$425) at Cynthia Rowley boutiques. **Aquazzura** Sexy Thing platform shoes (\$715) at Steven Dann. **Zsa Zsa** amethyst druzy ring (\$160) at Sophie Reese. **Lisa:** Missoni dress (\$795) at Mitchells. **Aquazzura** Sexy thing bootie (\$565) at Steven Dann. Yellow gold and diamond stretch bracelet (\$4630) and 18k gold large triple hoop earrings (\$1985) at Le Joaillier Fine Jewelry. **Pam:** Jonathan Simkhai dress (\$545) at Mitchells. **Giuseppe Zanotti** Sharon platform pumps (\$565) at Steven Dann. **Roni Blanshay** triple drop stone earrings (\$605) at Sophie Reese.





### BRENDA, 57, MUTTONTOWN

**IRO** suede jacket (\$1125), **Kooples** feather print shirt (\$275) and **Mother** white skinny jeans (\$161) at Splurge. **Loeffler Randall** lace up sandals (\$395) at Jildor. Gold and diamond earrings (\$3295) and gold and diamond ring (\$2200) at Sedoni Gallery.

*Brie, 22*

**IRO** skirt (\$345), white sleeveless tee shirt (\$145) and **Sway** leather vest (\$660) at Splurge. **Sam Edelman** snakeskin lace up shoes (\$120) at Jildor. **Alexis Bittar** bracelets (\$110, \$165 and \$215 each) at Sedoni Gallery.

*Skye, 26*

**Mother** flare jeans (\$258) and **Frank and Eileen** shirt (\$198) at Splurge. **Stuart Weitzman** platform wedges (\$435) at Jildor. Gold bracelets (\$165 and \$225 each) and earrings (\$198) at Sedoni Gallery.





**Talbot Runhof** tinsel fringe jacket (\$3375) and liquid stretch pique pants (\$750) at [talbotrunhof.com](http://talbotrunhof.com).  
**Aquazzura** Belgravia suede lace up pumps (\$725) at Steven Dann. Brown corundum and diamond earrings (\$5150) at Le Joaillier Fine Jewelry.





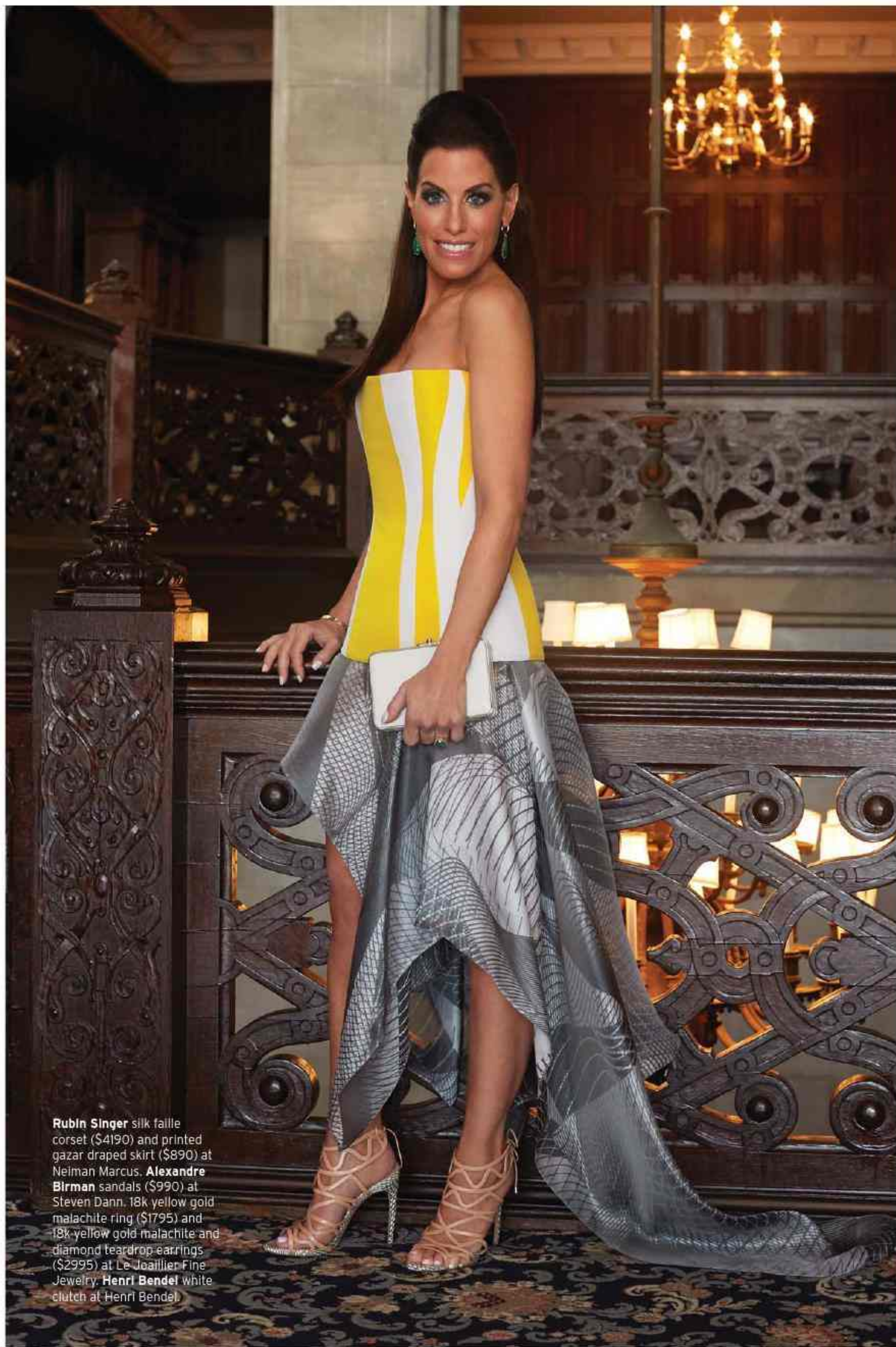
**PAM, 44, EAST HILLS**

**Liv** white crochet top (\$155), **Frame** flare denim jeans (\$220) and **Dolce Vita** clogs (\$180) all at Lester's. **Roni Blanshay** turquoise, gold and crystal earrings (\$260) at Sophie Reese.

**Kenzie, 6**

**Mayoral** pleated skirt (\$35), **Malibu Sugar** tank (\$28), **Mayoral** denim jacket (\$54) and **The Local** gold hi-top sneakers (\$69) all at Lester's.





**Rubin Singer** silk faille corset (\$4190) and printed gazar draped skirt (\$890) at Neiman Marcus. **Alexandre Birman** sandals (\$990) at Steven Dann. 18k yellow gold malachite ring (\$1795) and 18k yellow gold malachite and diamond teardrop earrings (\$2995) at Le Joaillier Fine Jewelry. **Henri Bendel** white clutch at Henri Bendel.





**JENINE, 43, OLD WESTBURY**

**Free People** denim jumpsuit (\$148) and **BB Dakota** faux suede jacket (\$115) at Mixology. **Loeffler Randall** wedges (\$350) at Jildor. Sedoni Collection labradorite and gold necklace (\$215) at Sedoni Gallery.

*Luca, 4*

**Scotch Shrunk** navy chino pant with belt (\$100), **Mayoral** orange jacket (\$52) and **Wes and Willy** muscle tee (\$25) at Please Mom. **Nike** sneakers (\$59) at One Small Step.

*Antonio, 6*

**Mayoral** orange shorts (\$35), **Scotch Shrunk** striped oxford shirt (\$62) and **Mayoral** tee shirt (\$16) at Please Mom. **Vans** sneakers (\$44) at One Small Step.





**Talbot Runhof** dress (\$1725)  
at Tallulah, **VC Signature**  
Marston-Chain fringe dress  
sandal (\$295) at Vince  
Camuto, Rainbow moonstone  
and diamonds earrings  
(\$2895) at Sedoni Gallery,  
**Roni Blanshay** helmut spike  
cuff (\$325) at Sophie Reese.





**JANET, 48, MANHASSET**

**Derek Lam** dress (\$1195) at Mitchells. **Aquazzura** Wild Thing sandals (\$785) at Steven Dann. **Azaara Jewelry** earrings (\$295) at Sedoni Gallery.


*Jason, 6*

**Star Wars** long sleeve tee shirt (\$38) and **Seven** jeans (\$80) at Gold Coast Kids. **Nike** Air Jordan sneakers (\$99) at One Small Step.

*Andrew, 16*

**Vince** plaid shirt (\$195), **Joe's** jeans (\$179) and **Prada** sneakers (\$570) all at Mitchells.





**Brunello Cucinelli** tuxedo jumpsuit (\$3145) at Mitchells, **Roni Blanshay** pyrite and Tahitian pearl necklace (\$690) and moonstone rounds earrings (\$515) at Sophie Reese.





**LISA, 44, WOODBURY**

**J. Brand** distressed skinny jean (\$172), **Balley 44** white leather tank (\$231) and **Dolce Vita** fringe wedges (\$180) all at Lester's.

*Mario, 16*

**Volcom** plaid short (\$50), **Impore** white linen shirt (\$95) and **Vans** sneakers (\$45) all at Lester's.

*Arianna, 19*

**Mumu** fringe top (\$118), **Frame** high waist flare jeans (\$229) and **Vince** espadrille (\$295) all at Lester's.

*Anthony, 21*

**Joe's** black jeans (\$172), **Grayers** plaid shirt (\$88), **Element** tee shirt (\$24) and **Kenneth Cole Reaction** high top sneakers (\$158) all at Lester's.



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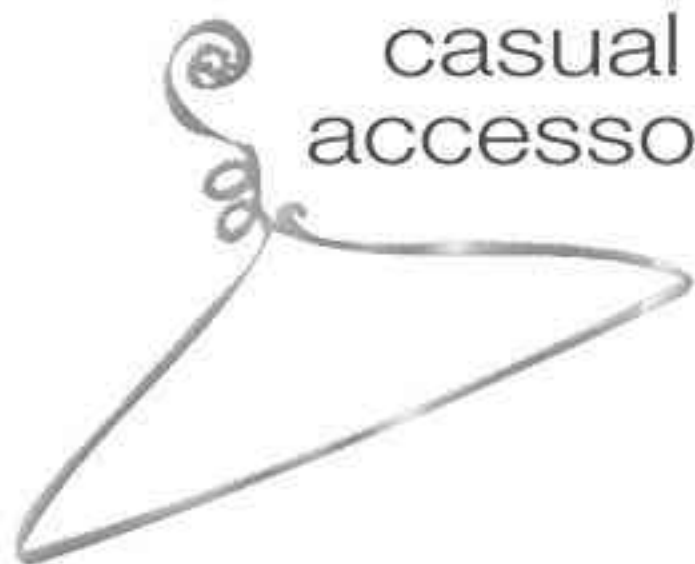


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travel



This Page Top: Dorado Beach, a Ritz-Carlton Reserve. Bottom: W Vieques. Right: Dorado Beach, a Ritz-Carlton Reserve.







# PARADISE a PASSPORT **WITHOUT**

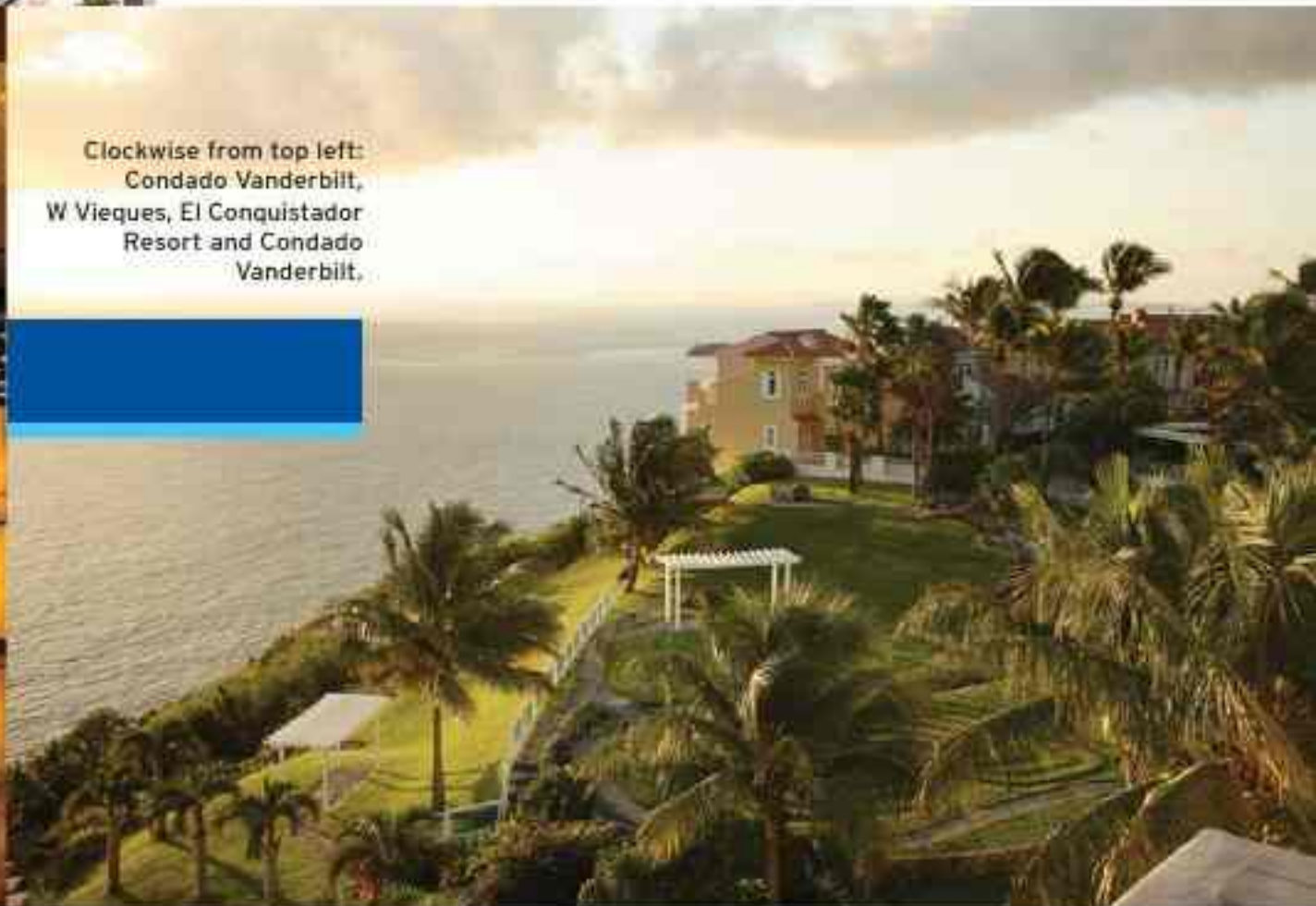
**THE CARIBBEAN'S EASIEST ESCAPE AWAITS**

by MCLEAN ROBBINS





Clockwise from top left:  
Condado Vanderbilt,  
W Vieques, El Conquistador  
Resort and Condado  
Vanderbilt.



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Debt crisis notwithstanding, there's no better time to visit Puerto Rico—prices are low and luxury amenities and top notch service abound.

### Stay Here

Deciding on what type of vacation you'd like may be the hardest decision you make during your entire visit to this friendly island. As islands go, Puerto Rico is large, and you'll likely start and end your journey in historic San Juan, the capital.

If you're tacking a few days on to the start or finish of a cruise, opt for something close to the port, like The Ritz-Carlton, San Juan, where you can indulge in city life and casino action, but still enjoy a feeling of escape. Ocean view rooms and suites on the “Club” level are worth the splurge; you'll also enjoy a private beach area with cabanas and complimentary breakfast, lunch, appetizers, sweets and cordials daily in a private lounge.

Fans of boutique properties will love Hotel El Convento, a Small Luxury Hotels of the World property built inside a three-centuries-old Carmelite Convent, with its marble chessboard floors and mahogany furniture.

For a city ambiance but a break from the bustle of San Juan, opt for the town of Condado, packed with posh name-brand boutiques and see-and-be-seen restaurants.

The adults-only O:live Boutique Hotel, another Small Luxury Hotels of the World property, is perfect for couples with its intimate, 15 room size and trendy Sage Steak Loft restaurant. Be aware though, that the see-through glass showers aren't for the modest, and rooms, while impeccably designed, can be on the small side.

Families should opt instead for the Condado Vanderbilt Hotel, beautifully renovated in 2013 and full of gorgeous Spanish Revival architecture. We love the Commodore's Suites, corner suites with two balconies and massive living spaces, perfect for multi-generational travel. You also won't want to miss the new Taco & Tequila bar, a more casual dining option than the popular onsite 1919, where chef Juan Jose Cuevas, who comes from a background of three- and four-Michelin star restaurants, puts farm-to-fork cuisine at the forefront. The spa is also a must-visit, as it boasts the only hammam (Turkish bath) in Puerto Rico.

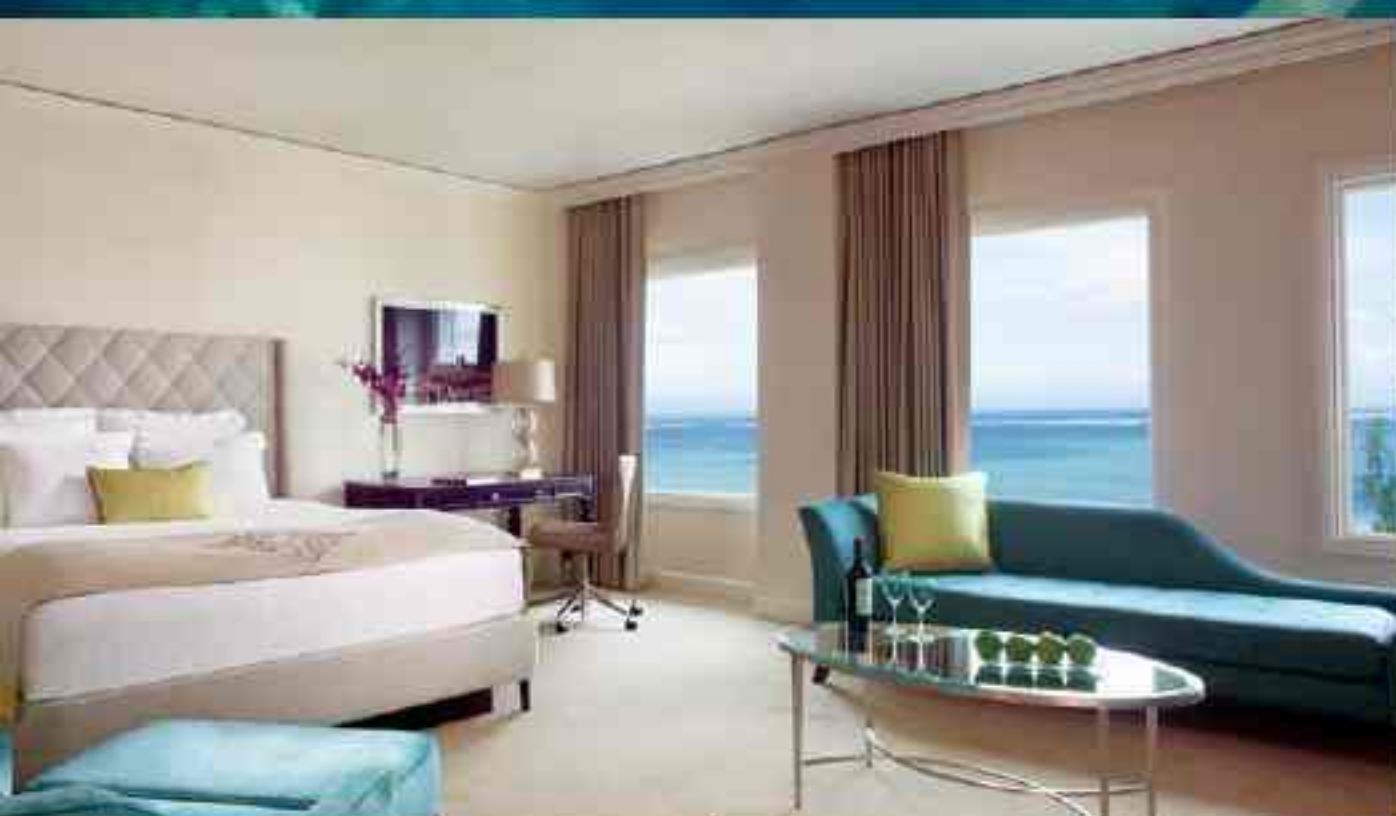
Were it up to us, we'd split our time between Condado and a more remote resort destination, the St. Regis Bahia Beach Resort along the island's Eastern coast, perfectly poised between El Yunque National Forest and bordering the 5,000-acre Espiritu Santo River State Preserve. This eco-retreat blends signature St. Regis service (it's the only hotel from the brand in the Caribbean) and perks like nightly cham-





travel

Dorado Beach, a Ritz-Carlton Reserve. Below left top and bottom: Ritz-Carlton San Juan. Below right: W Vieques.







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Clockwise from top left: El Conquistador Resort, EL Yunque Rainforest, Río Grande, Ritz-Carlton San Juan and Hotel El Convento.

pagne sabering and a Jean-Georges Vongerichten restaurant, Fern, with laid back Caribbean charm. Relax in the Remède Spa (the private gardens are fab) or get active on the 18-hole Robert Trent Jones, Jr., golf course.

Another golfer's paradise is Waldorf Astoria's only Caribbean property, El Conquistador Resort. The 18-hole, par 72 Arthur Hills design is known for its dramatic views and challenging holes featuring up to 200 feet of elevation changes. The resort is large, so for a more luxurious experience, book in Las Casitas Village, with three private pools and 24-hour butler service. Don't miss one of our favorite perks – a poolside concierge, called *piragüeros*, serving “piraguas,” traditional Puerto Rican snow cones.

Honeymooners, romance-seekers and those looking for total relaxation should head to Dorado Beach, a Ritz-Carlton Reserve. The world's first Ritz-Carlton Reserve branded residences and first Ritz-Carlton Reserve hotel to open in the Americas, is the island's top resort, pampering without being showy. You'll never need to leave either – three restaurants, golf and the top-notch Spa Botánico (relax in the purifications gardens) provide all the amenities you'll need.

Offering the same remote feeling but a more modern setting, W Vieques is a popular option just a short flight away from the main island. It feels smaller than its 157 rooms (opt for “Wow” or “Ocean Escape” rooms for the best view) and offers a unique combination of luxury and natural rustic charm. Kayak in nearby bioluminescent bays, where the water dances around you like fireflies, or take a stroll on the beach and catch a glimpse of wild horses. Fun packages, like the learn to DJ retreat, make this fun for younger couples.

## Play Here

It has been said that Old San Juan has more museums per square foot than anywhere on earth. The city itself is often considered



a life-size museum of colonial architecture due to the number of buildings that have been declared National Historic Sites. At the San Juan Museum of Art and History, once a marketplace in 1855, visitors will find exhibits of traditional Puerto Rican art that showcase the island's rich history.

Looking for a keepsake from your trip? Rum is a critical part of the island's history and also a major U.S. export as around 80% of the United States' rum is made in Puerto Rico. Puerto Rico is the only country that requires its rum to age for at least one year in generally charred oak barrels, which lends a distinctive, more complex flavor. Skip the Bacardi and go for names like Don Q, Ron Rico, Barrilito and Ron Llave.

The island may be known for its 200+ miles of beachfront, but also boasts the U.S. Forest Service's only tropical rainforest, El Yunque. For a truly unique experience, try a nighttime hike when you can best see bioluminescent mushrooms, insects and nocturnal creatures.

Naturally, water activities abound. The best scuba diving is off Cayo Diablo, where rare black coral abound off the island's southwest coast. Surfers love Rincon, but the most enticing activity might just be nighttime swims in the island's many bioluminescent bays; Mosquito Bay in Vieques and La Parguera in the South are the most well-known.

## Shop Here

It's no real surprise that a U.S. territory would have the best shopping in the Caribbean. Most name brand stores are in Condado's Ashford Avenue, where you'll find names like Cartier, Gucci and Ferragamo. Should you hit a rainy day, check out the new Mall of San Juan, opened this past spring, just five minutes from the airport. It features a massive Nordstrom and Saks Fifth Avenue, as well as popular shops like Louis Vuitton, Jimmy Choo and Anthropologie.







This Page Clockwise from Top Left: W Vieques, St. Regis Bahia Beach Resort, El Conquistador Resort, Ritz-Carlton San Juan and Condado Vanderbilt.

## Dine Here

Like most Caribbean islands, Puerto Rico's cuisine — dubbed “cocino criolla” — is a blend of styles, ranging from European to Afro-Caribbean to Latin-American. Enjoy everything from local home cooking at El Jibarito (which translates to “The Hillbilly”) on Calle Del Sol in Old San Juan, and have drinks at Barrachina, inventor of the pina colada (ask for an extra shot of local rum) to see-and-be-seen ambiance at the Asian-influenced Budatai, perched above Cartier. For brunch, order churros and chocolate at Casa Cortez.

Up-and-coming neighborhood La Placita boasts food stalls and markets by day, fun bars by night. Don't miss Santaella, for local fare, from Food & Wine “Best New Chef” winner Jose Enrique.

For sensory overload, try Laurel, where Chef Mario Pagán (of *The Next Iron Chef* fame) showcases “nuevo Caribe” cuisine at the Puerto Rico Museum of Art. Start with the shrimp brulee with plantain crust before moving on to the fresh fish of the day.

## Know Before You Go

Puerto Rico's U.S. Territory status makes it one of the few locations one can travel sans passport, making it an easy escape for family and

couples alike. San Juan Luis Muñoz Marín International Airport, the island's main entrance point, is a busy travel hub to many other Caribbean destinations; expect lines and possible long waits through security so be sure to leave extra time. It's easy to island hop or score direct flights to New York via airlines like American, Delta and JetBlue, often \$300 or less round trip. If you want to connect to an island like Vieques, a ferry is available but you're better off with a quick puddle-jumper into VQS instead.

There's also ample opportunity to tack Puerto Rico on to the front or back of a cruise. As the second largest port in the Western Hemisphere, you can hop on names like Carnival, Celebrity and Royal Caribbean easily, right from San Juan or satellite ports in Ponce and Mayaguez.

There's hardly a “bad” time to visit, but high season generally runs through the winter and holiday months, with the best combination of warm temperatures and sunny skies occurring between December and late March. Plan a trip between April and early June for great “shoulder season” deals with little to no chance of hurricanes — but know that while May brings the island's highest chance of rain, there's usually not much more than an afternoon shower. ■





house and home



# Living in

A HOME DESIGNED FOR MULTI-GENERATIONS





The bar room wall design is a modern take on a paneled room. The moldings were ingeniously designed in a diamond pattern by Irwin Weiner and filled by Baird with camel billiard felt.

# Perfect Elegance

BY ALLISON WILDERMUTH | PHOTOGRAPHED BY DURSTON SAYLOR





## Unlike many interior designers

who prefer to be known for a particular genre or distinct point of view, Penny Drue Baird prides herself on the fact that no two of her projects look the same. Baird, who is regularly named to *Architectural Digest's* Top 100 Architects and Designers of the year, and Principal of Dessins, Inc., based in both New York and Paris, has worked on everything from a fort in France and a barn in Bucks County to Manhattan apartments and sprawling Hamptons homesteads. Line up projects from her extensive portfolio side by side and one would be hard-pressed to find a common design thread. "I like to think I don't have a style," she said.

The premise of Baird's most recent book, *Dreamhouse*, which features 13 distinct projects, is that there is no one way to decorate. "My clients seem to think I have a style," said Baird, who allowed that she considers her work eclectic and sophisticated. "My mission statement is to do what is needed for a project."

The home featured here was the second project Baird completed for the client—the first was a traditional Manhattan apartment for the couple, in addition to

a more modern apartment for one of their adult children—and is a perfect example of Baird's eclectic approach. It is a year-round, roughly 10,000-square-foot house built for the couple, their adult children and their many grandchildren, so it has a compound feeling with lots of distinct areas to suit the tastes of the various family members. The bedroom for the adult son and his wife, for example, has a Southwestern rustic vibe with a large stone fireplace that Baird designed, a big quilt wall hanging behind the bed, a wood-beamed ceiling and an antler chandelier ("A bit cliché," laughed Baird, "but yes."). A second bedroom, for the couple's adult daughter, is more traditional in tone, with neutral walls and bed linens.

The rest of the home reflects the owners' desire for a warm and relaxed space. The living room transforms a large space into an intimate gathering spot through the use of soft colors, texture and fun details. Sometimes big houses are built for the sake of being big and have no interesting spaces, Baird said. "Bigger is not the better," she said. "You may wind up with a big white spec house."





This page: The color and juxtaposition of vintage and contemporary creates a comfortable environment for multi-generational living. Left: The Carreaux de Ciment floor is newly made in the spirit of the original found in old patisseries.







Thick textured grass cloth walls, shag rug and multi-colored coffee tables warm the living space.

Dessins created interest by adding custom molding to the ceiling and papering it with a bluish-gray grass cloth. The walls are painted a complementary pale blue. The antique limestone fireplace mantle is plain with straight lines and lends drama to the room with its ceiling height. Karl Springer sunburst mirrors flank the fireplace, antique furniture pieces, including 1950s chandeliers from Carlos de la Puente, fill the space, and coffee tables in different colors and a shag rug with a repeating blue and brown circular pattern add a whimsical touch. The bar room is another large room whose architectural detailing adds interest. It is a crisscross molding selected by Irwin Weiner installed over camel-colored felt, creating texture and depth to the wall. "Architectural detail is an extremely important aspect of design," said Baird, who typically provides architectural space planning in her initial presentation to clients. "I've used all kinds of things on walls and I'm always looking for new things to use." The antique Art Deco mahogany bar and bar stools in the den are French flea market finds in Paris. Baird is a frequent traveler and has a global sourcing network. "We are in every market," she said, "and over the years we have built up a big

source list"—mid-century modern furniture from Florence is a favorite—"and we're always looking for new ones."

The kitchen was a lot of fun for Baird. For the floor she selected new gray, turquoise and white patterned cement tile, reminiscent of the tile floors found in old French butcher shops and patisseries. It's durable, doesn't show dirt and has a modern vibe. Painted gray and white cabinets complement the floor. The eating area is located in the sun-filled atrium, the focus of which is a large lava stone table in turquoise, straight-back, white woven-resin bistro chairs from Annick de Lorme and an eye catching restored chandelier featuring globes of various sizes.

There are a lot of different approaches to design, Baird said, and "between Point A and Point B there's a lot of emotion that goes on." A good project, she added, is the result of the right fit between the client and designer.

The home featured here was the second project Baird and colleague Irwin Weiner completed for the client. ■





This page: The dining atrium is modern but softened with sheer Roman blinds that add a bit of whimsy; the dot motif is reflected in the use of ball style hanging fixtures at different levels.





# TURNING THE PAGE:

TOP RANKING NEW READS

## *What Lies Between Us*

by Nayomi Munaweera

In this hauntingly beautiful tale of immigration and self-discovery, Nayomi Munaweera captures the essence of what it means to be imprisoned by a past that is impossible to erase.

Narrated by a girl whose name is not revealed until the conclusion of the novel, the story follows the emerging woman and her mother, who are forced to leave their native Sri Lanka after circumstances prevent them from feeling safe in their homeland. Told from inside of the girl's prison cell, the tale takes the reader far away from that isolation and into the magnificence of the natural landscape of Sri Lanka, her childhood country. Following as she begins life in America and comes of age in California, the girl's account uncovers the complicated emotional and physical ties she develops while struggling to fit into a foreign world.

As the narrator recounts the troubling incidences that cloud her brain, she grapples with the need for love and belonging and dreams of her childhood in the Sri Lankan countryside. She speaks of the unspoiled pleasures of swimming in the river and being as one with the land around her. Her familial relationships are not as simple; she attempts to make sense of any connection to her parents when she leaves the security of her first home. Opposing feelings of happiness and despair overshadow her existence as the girl develops new connections in the years after emigrating. Though she struggles to leave her burdens behind and forge into the future, it seems impossible to let go of the past, especially her own questionable actions.

Munaweera delivers that longed-for state of literary addiction, with prose that powerfully pulls readers into the story. Depicting an immigrant's experience in vivid detail, she brings to light the convoluted issues of assimilation, racism and self-esteem that follow individuals who are trying to adapt to life in a new country. Tackling the universal struggles of the mother/daughter bond with a delicate eye, the author finds the perfect balance between sentimentalism and sincerity.



## *Burning Down the House*

by Jane Mendelsohn

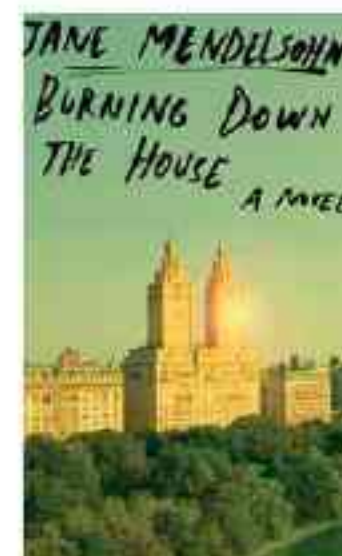
The best-selling author of *I Was Amelia Earheart* is back with a dazzling new novel that follows the tragic patterns of a wealthy New York City family as their members struggle to find meaning in their lives.

The action begins far away from the bustle of Manhattan. Deep in the mountains of Russia, a young girl is snatched away from her sheltered, rural existence by a deceitful businessman promising work that will allow her to provide for her family. Years later, after escaping the world of human trafficking, her story becomes tangled with that of the Zane family, whom she first encounters during a destination wedding in England.

Steven Zane has built up the family's real estate empire and lives a life of luxury in a highrise overlooking Central Park. His son, Jonathan, lacking his father's moral integrity, is given a token role in the business. Steven lives an outwardly charmed life with his wife and five children, including Poppy, the daughter of his late sister. This intriguing girl, a free spirit with emotional wounds that cause her to question her existence and experiment with dangerous vices, is at the heart of the intertwining stories woven together throughout the novel.

From the heart of New York City's unscrupulous business deals and shady characters in an elite private high school, to unforeseen events in exotic countries, the family members struggle in their own ways to make sense of the fragile connections to those around them. When several shocking events bring grief to the Zanes, it is only through drastic action that the victims can be saved and the emotional damages repaired.

With her crystal clear description of life, down to the exact smells of a moment in time, Mendelsohn captures the nuances at the heart of this family drama, along with details that make it authentic. The beauty she elicits at every turn adds up to a spectacular commentary on the struggles in chasing hope, and of the human existence.



## *Carry Me* by Peter Behrens

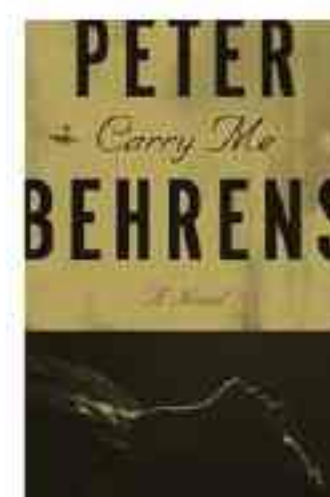
Though novels about war-torn Europe during the rise of the Nazis are nothing new, award-winning writer Peter Behrens creates an original drama in a well-worn genre with his exceptional new work, *Carry Me*.

Through the eyes of Hermann Lange, known as Billy, the intricate lives of his relatives and friends are cast into view as he narrates a detailed, complex account of his memories. Born in the early twentieth century in a summer house overlooking the English Channel, he is immediately tied to Karin Weinbrenner, whose wealthy German-Jewish father owns the property and employs Billy's father Buck, as a racing skipper. World War I ruins the tranquil childhood that the two children share: Buck is accused of spying for Germany and eventually cast out of England, while Baron von Weinbrenner is forced to retreat to his estate near Frankfurt. There he continues to provide sanctuary for Buck, along with Karin and his wife.

As the terrors of the Nazi regime begin to interfere with daily life in Germany, the Weinbrenners and Langes are witnesses to the atrocities that will eventually culminate in World War II. Though Billy and Karin have minimal contact during their formative years, they reunite on the brink of adulthood and form a strong bond from their shared history. A common passion for Karl May's American wilderness novels keeps them fantasizing about fleeing across the Atlantic to the plains of Texas and New Mexico. Though their quest for freedom appears to be within reach, their collective hardships threaten to destroy everything.

The author interchanges archived letters, diary entries and telegrams with the narrator's personal tale, weaving the events of the characters' lives within the historical incidents of the time. Alternating between 1938 and decades earlier, then moving forward to post-WWII America, the story of Karin and Billy fully encompasses their intellectual and personal journeys as they experience the volatile political developments of the countries they inhabit.

Behrens successfully brings out the human side of one of the most chilling chapters in recent history. ■





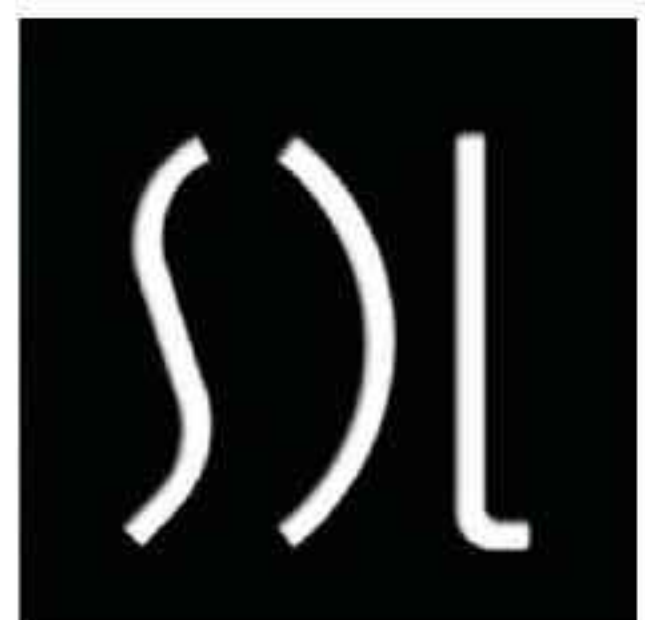


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# DNA Fitness

Building the perfect balance based on one's genetic makeup



by  
SHARYN BERNARD

Those iconic lines from the favorite 70s television series "The Six Million Dollar Man," took a critically injured man and gave him bionic parts and abilities. "We can rebuild him. We have the technology. We have the capability to make the world's first bionic man.

We can make him better than he was before. Better, stronger, faster." What was sheer entertainment back then might be construed today as life imitating art.

While scientists haven't exactly built a bionic man or woman, they have put modern technology to use to maximize individual fitness and nutrition goals.

The hottest trend in amped up fitness doesn't start in the gym, it starts in the lab. DNA testing, long used for paternity tests, forensics and genealogy research, has made its way into the fitness and nutrition world. What started as a way for elite athletes to fine tune their training based on individual genetic composition is reaching a mainstream audience. Today, through a few ground-breaking companies abroad and quickly growing into the U.S. markets, testing is accessible to anyone who would like to literally have their DNA examined by mail order, resulting in a diet, workout and fitness regimen tailored to one's gene pool.

"There's definitely an emerging market for looking at gene testing and gene variations for how you should exercise to meet your goals," said Dr. Dan Reardon, CEO and Co-Founder of FitnessGenes, (fitnessgenes.com), a company that determines your genetic blueprint by analyzing your DNA; checking 40+ genes related to fitness, health and nutrition.

Executives at top DNA fitness testing companies say these tests, which generally involve a cheek swab just like you see on television cop shows, can virtually change every way you eat and train by focusing on what foods and exercises are best suited for your unique genetic makeup.

"These revolutionary tests are founded to make a difference through medical technologies, allowing us to find out the right training and nutrition for our clients," said Zaine Iqbal, CEO of AnabolicGenes, (anabolicgenes.com), a world-leading DNA fitness testing company.

With a DNA fitness test, you can get "all the evidence you need to eat better, work out better

and have a sustainable journey," said Andrew Steele, an Olympic athlete and Head of Professional Sport and Fitness for DNAfit (DNAfit.com) whose founders have been involved in the DNA and biochemical testing industries for over 15 years. "So far, people have tended to make [fitness and diet] choices based on trends, crazes or friends. Our mission is really to add an extra layer of personalization and knowledge to the journey. We hope it steers them in the right direction."

The general idea behind DNA fitness testing is that every individual has a distinct genetic makeup – literally no two people are alike (well, ok, identical twins are). Your unique genetic map has distinctive markers of certain traits that can help guide you to a better fitness and nutrition regimen.

"As you know, we are all unique and this is mainly due to our genetics," Iqbal explained. "Some people react to certain types of training better than others. In the fitness industry, it has always



## People who used a DNA-matched diet lost 33% more weight than those counting on an unmatched one. Patients on a DNA diet also gained more muscle.

been a problem to find out the perfect nutrition and training program because there are so many types. So these tests resolve this problem."

The genetic tests look for various markers. "We look at 50 snips of gene locations that are non-diagnostic," said Avi Lasarow, CEO of DNAFit. For example, the test will look for the ACTN3 gene which is widely considered to be a marker for athletic performance, sprints and power. Some exercises are better for you than others if you have a strong presence of this gene.

Genetic markers for nutrition test for macronutrient information, such as carbohydrates, saturated fats, lactose intolerance, caffeine and alcohol (yikes!) sensitivity, and even vitamin information. "We can tell you specifically what the ratios are of what you should consume," FitnessGene's Reardon said.

Steele of DNAFit noted that testing for carbohydrate response is very important. "It's really interesting because everyone seems to be

interested in eating high fat and low carbs. But if your gene type doesn't work with that you may be doing more harm than good."

Where you might think only hardcore or professional athletes would gravitate toward these tests, it is becoming more readily available across the board.

"Our customers vary, whether it's a weekend warrior or just someone who wants to feel better," said Lasarow of DNAFit. "People want to learn to maximize their energy and feel better and optimize what they eat and what they do," to meet their goals.

In fact, he pointed to a recent study of 191 obese people by the University of Trieste in Italy, which showed people who used a DNA-matched diet lost 33 percent more weight than those counting on an unmatched one. Patients on a DNA diet also gained more muscle.

Reardon agrees, "The fitness market has changed a lot over the last 15 years. The gen-

eral public is more on board. Whether it's fitness enthusiasts or people who have never exercised and want to start, people are smart and doing it in the right way. They are turning to a more personalized approach and nothing is more personalized than DNA."

Iqbal added that without these kinds of tests, it can take up to ten years to learn how to maximize your exercise regimen for your body. "This removes all the guesswork."

To get started, the company will send you a box with a collection kit, which you return in a postage-paid mailer. Results usually take a few weeks. While, as noted, the tests are generally similar in technique, various companies have different product and suggestion offerings.

**DNAFit** will measure your exercise genes; even analyzing them through the lens of a "power and endurance panel" and an "injury panel" to see how predisposed you are to certain exercises and injuries. The company will

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AnabolicGenes tests for all the typical markers as well as some other ones such as propensity to drug responses, skin care suggestions and general well-being trends.



DNAFit will measure your exercise genes, \$150 to \$399



FitnessGenes will send a detailed exercise and nutrition program, \$199 and \$299



Biometric Performance Programme is a cycling specific DNA test designed to help cyclists optimize their performance, \$560

make diet and exercise suggestions but "we try to be very conservative in what we include," Steele said. "It has to pass scientific protocol." The company is based in the UK but does work with U.S. customers. The fees range from about \$150 to \$399, pending tested measurements and level of planning and recommendations.

**FitnessGenes**, also based in the UK, is predominately a U.S.-focused business. After testing, the company will send a detailed exercise and nutrition program. Members can log in to a dedicated page on the website for analysis, personalized plan specifics, detailed information and other support information. FitnessGenes does not use a cheek swab but a different collection system which Reardon says is more reliable.

"This program is absolutely specific. We will tell you what to do on a daily basis; how many reps, how intense, when to rest," he said. The system costs between \$199 and \$299, again depending on the level of information requested.

**AnabolicGenes** tests for all the typical markers as well as some others such as propensity to drug responses, skin care suggestions and general well-being trends. The company's lab is in the U.S. with headquarters in France and does service U.S. consumers. It costs approximately \$125.

**Biometric Performance Programme** is a cycling specific DNA test designed to help cyclists optimize their performance with suggestions of diet and exercise methods. The company

also combines a DNA test with an online psychological analysis, a fitness evaluation and lifestyle consultation to achieve cycling goals. Also based in the UK, this is available to U.S. cycling enthusiasts. A full rider profile is about \$560. "For anyone serious about improving their cycling performance, this is probably the most beneficial investment in themselves they could ever make," said Dan Small, owner of Biometric Performance Programme. "Most cyclists invest a lot in their equipment and clothing, but less people invest in the most important thing, themselves."

While these tests are fairly new to the U.S. market, it's the latest trend on the rise to maximize your workout and fitness regimens. After all, genetics don't lie. ■

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# whole grains / HEARTY OPTIONS FOR A HEALTHY DIET



BY MAYO CLINIC STAFF

**Enriched grains.** Enriched means that some of the nutrients lost during processing are added back in. Some are grains that have lost B vitamins added back in — but not the lost natural fiber. Fortifying means adding in nutrients that don't occur naturally in the food. Most refined grains are enriched, and many enriched grains also are fortified with other vitamins and minerals, such as folic acid and iron. Some countries require certain refined grains to be enriched. Whole grains may or may not be fortified.

## CHOOSING WHOLE GRAINS

Make at least half the grains in your diet whole grains. Whole grain versions of rice, bread, cereal, flour and pasta can be found at most grocery stores. Many whole grain foods come ready to eat, including a variety of breads, pastas and cereals.

Find out why whole grains are better than refined grains, and how to add more into your diet.

Grains, especially whole grains, are an essential part of a healthy diet. All types of grains are good sources of complex carbohydrates plus some key vitamins and minerals. Grains are also naturally low in fat. All of this makes grains a healthy option, and better yet, they've been linked to a lower risk of heart disease, diabetes, certain cancers and other health problems.

The healthiest kinds of grains are whole grains. The Dietary Guidelines for Americans recommends that at least half of all the grains you eat are whole grains. Chances are you eat lots of grains already. But are they whole grains? If you're like most people,

you're not getting enough whole grains in your diet. See how to make whole grains a part of your healthy diet.

## TYPES OF GRAINS

**Anatomy of a whole grain.** Also called cereals, grains and whole grains are the seeds of grasses cultivated for food. Grains and whole grains come in many shapes and sizes, from large kernels of popcorn to small quinoa seeds.

**Whole grains.** These are unrefined grains that haven't had their bran and germ removed by milling. Whole grains are better sources of fiber and other important nutrients, such as selenium, potassium and magnesium. Whole grains are either single foods, such as brown rice and popcorn, or ingredients in products, such as buckwheat in pancakes or whole wheat in bread.

**Refined grains.** Refined grains are milled, a process that strips out both the bran and germ to give them a finer texture and extend their shelf life. The refining process also removes many nutrients, including fiber. Refined grains include white flour, white rice, white bread and degermed cornflower. Many breads, cereals, crackers, desserts and pastries are made with refined grains.

*Examples of whole grains include:*

- Barley
- Brown rice
- Buckwheat
- Bulgur (cracked wheat)
- Millet
- Oatmeal
- Popcorn
- Whole wheat bread, pasta or crackers
- Wild rice

It's not always easy to tell what kind of grains a product has, especially bread. For instance, a brown bread isn't necessarily whole wheat, as the hue may come from added coloring. If you're not sure something has whole grains, check the product label or the nutrition facts panel. Look for the word "whole" on the package, and make sure whole grains appear among the first items in the ingredient list.

## What about white whole wheat bread?

It may seem like it doesn't add up, but actually white whole wheat bread is made with whole grains, just as is regular whole wheat bread. White whole wheat bread is nutritionally similar to regular whole wheat bread. So if you prefer the taste and texture of white bread, but want the nutritional benefits of whole wheat, choose white whole wheat



If all of the grains you eat are whole grains, you may need to take extra care to get sufficient folic acid.

bread — but not regular, refined white bread.

#### A word of caution

If all of the grains you eat are whole grains, you may need to take extra care to get sufficient folic acid, a B vitamin. While most refined-grain products are enriched, whole grains are not typically fortified with folate.

Look for whole grains that have been fortified with folic acid, such as some ready-to-eat cereals. Folate is also found in other foods, including fruits, vegetables and legumes. Folic acid is especially important if you're a woman who could become or is already pregnant.

#### HOW TO ENJOY MORE WHOLE GRAINS IN YOUR DIET

Try these tips to add more whole grains to your meals and snacks:

- Enjoy breakfasts that include whole grain cereals, such as whole wheat bran flakes

(some bran flakes may just have the bran, not the whole grain), shredded wheat or oatmeal.

- Substitute whole wheat toast or whole grain bagels for plain bagels and low-fat muffins made with whole grain cereals, such as oatmeal, for pastries.
- Make sandwiches using whole grain breads or rolls and swap out white flour tortillas with whole wheat versions.
- Replace white rice with kasha, brown rice, wild rice or bulgur.
- Feature wild rice or barley in soups, stews, casseroles and salads.
- Add whole grains, such as cooked brown rice or whole grain bread crumbs, to ground meat or poultry for extra body.



- Use rolled oats or crushed whole wheat bran cereal in recipes instead of dry bread crumbs.

Eating a variety of whole grains not only ensures that you get more health-promoting nutrients but also helps make your meals and snacks more interesting. ■



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# REDUCING TEST ANXIETY

How to curb kid test jitters, prepare, improve scores, and know when it's time to seek medical advice.

by DR. MICHELE BORBA

ONE OF STUDENTS' MOST DREADED FOUR-LETTER WORDS: T-E-S-T. THESE DAYS IT SEEMS MOST KIDS ARE HIT WITH A WAVE OF PANIC ON TEST DAY, EVEN IF THEY'VE STUDIED HARD AND A STUDENT WHO COMPLETES THEIR HOMEWORK. BUTTERFLIES IN THEIR STOMACH AND HEADS FILLED WITH WAVES OF NEGATIVE THOUGHTS: "I'M GOING TO FLUNK." "I'M SO DUMB." AND THEN THEIR MINDS GO BLANK.

The diagnosis: Test Anxiety. It's an ever-growing condition for students these days.

Almost 20 percent of tweens and teens experience test anxiety, but with today's high-stakes testing, the condition is being diagnosed in even the youngest students.

Make no mistake, test-taking anxiety can be costly to your child's academic success as well as his or her emotional and physical well-being. What's more, stress from test anxiety can reduce kids' ability to focus and cause them to choke on answers they know. While no quick fixes, there are proven solutions to help reduce anxiety and even improve test scores. The best news is that parents are a big part of the success equation. Here are things parents can do before, during and after those big tests to reduce kid anxiety and possibly increase those scores.

## BEFORE THE TEST

### Watch how your child responds

Here are signs of test anxiety to watch for in your child or teen. It's key to help your child recognize those signs and learn ways to reduce anxiousness before becoming overwhelmed.

- Physical signs: butterflies, cold or clammy hands, headache, nausea, feels faint, hot or cold or light-headed, raised heart rate, perspiration, dry mouth.
- Emotional signs: feels helpless and pessimistic, wants to cry, fears failure.
- Cognitive signs: forgets the material, more trouble than usual concentrating and thinking about test items, preoccupied with negative thoughts about test performance.

### Do seek help if test anxiety overshadows performance.

Test jitters are normal, but when performance worries are more severe, test anxiety has taken over. If you see this pattern in your child, set up a conference with the teacher and then decide if you should seek the help of a trained mental health professional.

## TEST ANXIETY REDUCERS

Negative thoughts about performance can affect test taking. Sian Beilock's research at the University of Chicago found that teaching kids to "reframe" negative feelings about tests can impact scores. So teach your child one of these techniques (in advance, not the morning of the test), to challenge negative ideas by finding evidence that they aren't always true.

**Child:** "I always do badly on tests."

**You:** "Practicing your flash cards boosted your grade on Friday."

**Child:** "I won't remember anything."

**You:** "Eating a good breakfast seemed to improve your memory for your last math test."

**Child:** "I hate taking tests."

**You:** "You're well-prepared so get psyched to do well."

Shift stress views. Your child may get sweaty palms or a pounding heart before taking a

test, but remind him or her that those same signs also come from enjoyable experiences like anticipating the next big wave to jump in the ocean or watching a basketball game in double overtime.

## TEACH TEST-TAKING STRATEGIES

There are simple skills that can help improve test performance as well as reduce kids' test anxiety. Online programs and books are now available with tips to teach kids to become effective (and calmer) test takers. Start by identifying your child's current study habits. Then think of a few simple solutions to begin helping your child improve his or her test taking skills. For example, write each vocabulary word on a flash card for review during a sibling's soccer practice. Hire a tutor if necessary. Try to incorporate learning into family outings.

### Here are few tips you can teach your child:

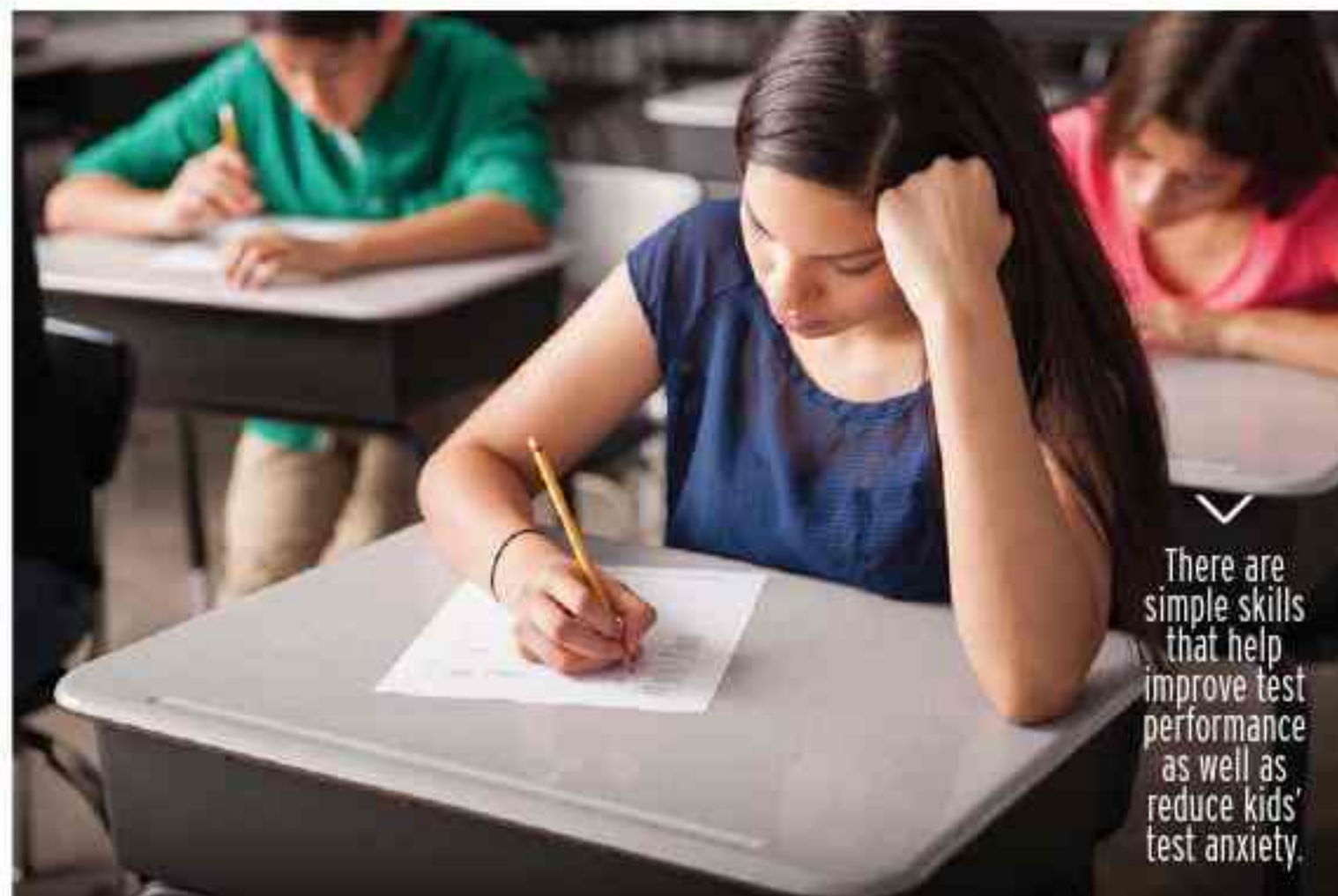
Ask questions, and if you are unsure of the question, raise your hand to get more information.

Quickly flip through to get an instant gauge on the type of questions and test length.

Answer what you know and fill in questions you are sure about right away so you don't forget.

Check answers and never turn in a test without double-checking to make sure no questions have been skipped. Always proof-read your answers if there is enough time.

Don't cram because test-anxious kids



There are simple skills that help improve test performance as well as reduce kids' test anxiety.



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## pediatric report

often think that they will worry less by putting off studying and then jamming in all that information at the last minute. But it usually backfires and instead increases anxiety.

Check in with teachers so you know test schedules and can prepare in advance. Then map out a study schedule on a calendar several evenings before the test, setting realistic, relaxed study times, geared to your child's attention capabilities. Typical study spans per ages are: 6 to 8 years, 15 minutes; 9 to 10 years, 20 minutes; 11 and 12 years, 30 minutes; 13 years, 30 to 40 minutes.

Do practice tests because it makes your child more comfortable and less anxious about test taking. Ask the teacher for a few practice tests or purchase a test-taking manual geared to your child's level. Using the strategies learned from these materials on practice tests can increase success rates, reduce anxiety and also boost confidence.

### ***Be quiet on Test Day!***

This is not the time to review or tell your child "you should have studied." Better to keep things calm. You want your child to feel relaxed and not pick up negative cues

from you. FYI: Teens say a big cause of their stress is not school-related but parent-related. Unrealistic expectations for their success is stressing them out and causing them to choke on those tests. Keep your cool!

### ***Sleep is important***

Countless studies have found a significant correlation between kids' sleep and test performance. For instance, fourth and sixth graders who got on average 31 minutes less sleep each night performed significantly less on achievement tests. A study of over 7000 high school students found that teens who received A's average about 15 more minutes sleep than the B students, who in turn averaged 11 more minutes than the C's and the C's had ten more minutes than the D's.

The biggest sleep disturbers: computers, cell phones and TV. Unplug your kid at least 30 minutes before sleep. Also, watch out for caffeinated or energy drinks. Teens are taking them to stay up later to study but then have a harder time sleeping.

### ***Serve brain food for breakfast***

Don't let your child skip breakfast. Studies show that a breakfast rich in whole grain cereals along with a lean protein such as eggs is proven to help maintain your child's energy and stay more alert during that test.

### ***Use anxiety reducers***

Research shows that using a relaxation strategy can reduce test anxiety. Here are tips to teach your child a few weeks before the big test, then again on the morning of the test.

**Self-talk:** Repeat a relaxing phrase silently such as "It's only a test," "I don't have to be perfect," or "I'll worry later, I'm going to focus on the test now."

**Deep breathing:** Take a three by three; breathe in slowly to a count of three, then exhale slowly to a count of three. Repeat the deep breathing strategy at least three times.

**Visualize a calm scene:** Close your eyes and imagine a calm peaceful place (a park, beach, tree house) that the child has experienced and brings a smile to his or her face.

**Write your anxiety away:** The morning of the test, encourage your child to take 5-10 minutes to write down concerns about the test ("I'll forget



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the answers," "I'll flunk," "I won't have enough time") on paper. A study published by Dr. Beilock and co-author Gerardo Ramirez found the writing technique used by a group of ninth graders prior to a biology final worked both in the lab and in classrooms to reduce test anxiety. Encourage your child to use that strategy during another stressful situation such as at a sleepover or important sports match, and practice deep breathing at bedtime. Model it yourself around your kids, such as when you're cut off in traffic or the computer won't boot. Practicing in real life will improve the chance the test-taking strategy will succeed. Besides, the more your child "sees" that strategy, the more likely he or she will use it.

#### AFTER THE TEST

##### *Review test performance*

During a relaxed time, help your child evaluate his or her test performance and results. Questions might include: "Did you feel any differently this time?" "Did the three by three breathing help?" "What part of the test was the easiest? The most difficult?" "What things helped that you want to remember and use next time?" Help your child recognize what works so he or she can apply those same

strategies again. You can also determine what still needs correcting or how to form a better test-taking plan.

##### *Monitor the situation*

It is normal for kids to be anxious before a test. Be aware, however, that if signs of anxiety persist, increase, or interfere with your child's school performance or life, then it is time to seek help. Talk with your child's teacher to discuss his or her progress, correct academic placement and whether or not a tutor is in order.

If anxiety mounts or your child continues to struggle, then please seek the counsel of a mental health professional. Use the Rule of "Too": Whenever the problem lasts TOO long (at least every day for two weeks), seeps into TOO many areas of your child's life (affects not only school, but also your relationship with your child, social life or health), and your child's behavior change is TOO different from typical, then it's time to talk to your doctor.

##### *Stay cool and be accepting*

A big kid worry is "I hope I didn't let my parents down," so reaffirm your unconditional love, regardless of that score. Research shows

that a warm, accepting parenting style with realistic expectations helps decrease kids' test anxiety. The No Child Left Behind Act mandates that your child be tested for reading and math every year in grades three through eight and at least once in high school (that doesn't include all the spelling tests, math tests, history tests and state tests and on and on and on). Regardless of how prepared or capable your child, his or her over-riding concern about performance reduces the ability to focus and test best. With all the emphasis on high-stakes testing, kids pushed to meet higher standards, and even more rigorous high school tests coming up, it's crucial to help our kids learn successful test-taking and coping strategies, and nip test anxiety in the bud. ■

*Dr. Michele Borba is an educational psychologist, parenting expert, "TODAY" show contributor and author of 22 books including The Big Book of Parenting Solutions: 101 Answers to Your Everyday Challenges and Wildest Worries. You can also refer to her daily blog, Dr. Borba's Reality Check, for ongoing parenting solutions and late-breaking news and research about child development.*

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Make sure you speak with your obstetrician about a detailed family tree, and review ethnicity for you and your partner. This should preferably be done prior to getting pregnant or as you are confirmed pregnant.

carry the gene for beta thalassemia, Asians carry alpha and beta thalassemias, and African-Americans carry a higher risk of sickle cell disease. Make sure you speak with your obstetrician about a detailed family tree, and review ethnicity for you and your partner. This should preferably be done prior to getting pregnant or as you are confirmed pregnant.

**Q IS DOUCHING RECOMMENDED?**

**A** Douching is not recommended and is not necessary because the vagina is a self-cleaning organ; just by washing externally, you will accomplish good vaginal health. Douching can actually change the pH balance in the vagina and predispose some women to infection. What's more, there is a theoretic possibility of pushing bacteria up into the sterile uterine cavity that can cause an upper pelvic infection. Bottom line, douching is not necessary.

**Q HOW IMPORTANT ARE CONDOMS AND WHAT IF I AM ALLERGIC TO LATEX?**

**A** Condoms are essential in the prevention of sexually transmitted diseases and are very effective in preventing pregnancy. Regardless of any alternate birth control used, a condom serves an even bigger purpose. They are the most effective method (aside from abstinence) of STD protection and 85-90% effective in pregnancy prevention, pending proper use. We recommend the use of latex condoms. If a latex allergy exists, polyurethane condoms should be used and are readily available. Lambskin condoms should not be used as the larger pore size may increase the risk of STDs.

**Q WHAT IS AN EPISIOTOMY AND HOW IS IT REPAIRED?**

**A** As a woman pushes during the second stage of labor, descent of the fetal head onto the maternal perineum can lead to a significant

amount of trauma depending on the clinical situation. Most of the time, the superficial skin of the vulva gives way upon emergence of the head, and either no laceration occurs, or there can be tearing. As the fetal head is crowning, it is the discretion of the obstetrician as to whether or not to allow tearing or to cut an episiotomy. An episiotomy is a surgical incision in the tissue that involves the opening of the vagina. It is usually done between the vagina and the rectum (midline episiotomy), or it occurs off to the side (right mediolateral episiotomy). There are advantages and disadvantages of tearing vs. MLE. Tearing can be extensive and more difficult to repair. MLE is the most common episiotomy. It is safe and effective, and healing is less painful than with RMLE. The RMLE may help to avoid higher degree lacerations (like third or fourth degree) but the healing is harder, longer and more painful than with an MLE.



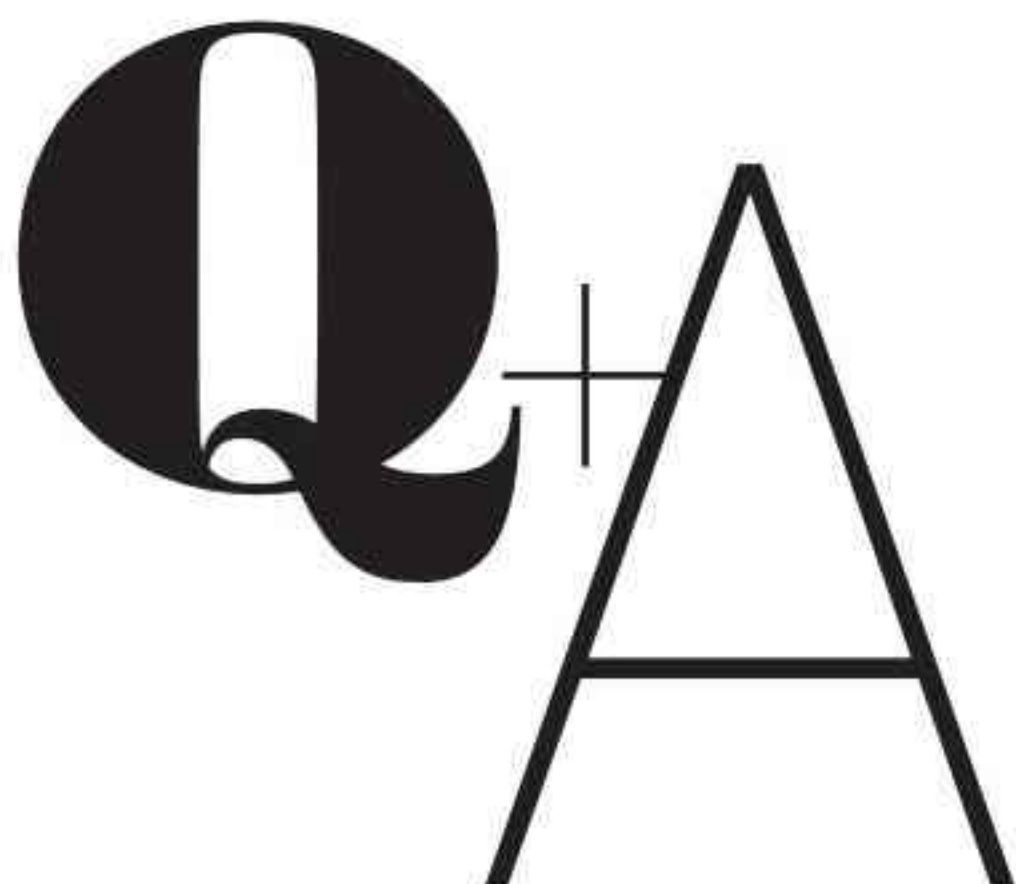
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## TODAY'S OB/GYN ANSWERS YOUR QUESTIONS

by **WENDY FRIED, MD, FACOG, FACS**

### Q WHAT IS SEX SELECTION?

**A** Sex selection uses medical means to choose the sex of a baby. Most of the time, this is done for pregnancies with significant risks of inheriting an X-linked genetic disorder, such as hemophilia, a serious bleeding disorder. Since males only have one X chromosome while females have two, males with an affected X have the disease. Females with one affected X and one normal X will not have the disease, but instead be a carrier for the disease that can be passed to future generations. In these cases, sex selection may be used advantageously and prevent the implantation and development of an affected male fetus. Sex selection can also be used for “family balancing,” where a particular family has multiple offspring of the same sex.

### Q HOW DOES SEX SELECTION WORK?

**A** There are medical techniques to separate X and Y bearing sperm, dramatically increasing the chances of having the desired result. Once separated, the patient is inseminated with that component. The desired result is more likely but not guaranteed. Instead of sperm separation, IVF can be used with biopsy of the embryo and determination of the chromosome complement. The desired result is almost guaranteed, but the testing is invasive and poses some risk and should only be performed with good reason.

### Q WHAT IS SURROGACY?

**A** A surrogate is a gestational carrier. An egg from the biological mother (or from an egg donor) is retrieved through artificial reproductive means, mixed with sperm from the biological father, and an embryo is created in a petri dish through IVF. The embryo is transferred to

a surrogate who carries and delivers the baby. The gestational carrier has no genetic connection to the fetus. The biologic parents share the genetics, but the biologic mother does not carry the child.

This technology is frequently used in women who have serious medical conditions (i.e., certain types of heart disease or renal transplants with compromise) that preclude them from safely carrying the pregnancy themselves. Not all states are surrogate friendly (New York is not), making it often necessary to deliver in another state. All surrogate situations should be handled by an attorney experienced in the challenges and nuances of the situation.

### Q WHAT IS SELECTIVE REDUCTION OF A PREGNANCY?

**A** Selective reduction of a multifetal pregnancy occurs when a patient is carrying more than one fetus and an abnormality exists or there is a better chance of survival of the remaining fetus(es) with fewer in the uterus. In women with higher order multiple pregnancies (more than triplets), carrying the pregnancy to term becomes much more likely when the pregnancy is reduced to a singleton, twins or triplets. In the case of fetal abnormalities, either fetal genetic testing reveals a genetic defect, or sonography shows a significant structural anomaly and that fetus is selectively terminated. In most cases, under direct ultrasound guidance, the anomalous fetus is selected and KCL is injected to terminate it. Depending on the gestational age at which the selective termination occurs, the reduced fetus will either reabsorb or be delivered as a demise at the time of delivery.

### Q WHAT VACCINES SHOULD BE GIVEN IN PREGNANCY?

**A** All women pregnant during flu season should get the influenza virus vaccine. This is a killed virus vaccine that is safe during pregnancy and does not cause birth defects. It can be given at any time in pregnancy, even in the first trimester. Women who contract the flu in pregnancy are more likely to have severe complications, ICU admission and even death as a result. There is a thimerosal-free version of the vaccine to avoid the small amount of mercury that can be present in the vaccine as a preservative. However, mercury exposure is cumulative, and the ACOG recommends flu vaccine for all pregnant women, even if only the vaccine containing thimerosal is available. Tdap should also be given in pregnancy. It is the whooping cough vaccine, and also protects against tetanus and diphtheria, as well as pertussis (whooping cough). It can be given at any time, but usually between 28-32 weeks of gestation. It is also a killed virus vaccine safe in pregnancy. Anyone who will be exposed to the baby (caretakers, father, siblings, grandparents) should also get the flu and pertussis vaccine.

### Q WHY IS IT IMPORTANT FOR MY OBSTETRICIAN TO KNOW ABOUT MY ETHNIC ORIGIN?

**A** Some genetic diseases are inherited more commonly in certain ethnic groups. For example, the carrier frequency of the Tay Sachs gene in the Ashkenazi Jewish population is in the range of 1 out of 36. There are currently about 19 Jewish genetic disorders that are picked up in the Jewish genetic screening panel. French Canadians also have a high carrier frequency of Tay Sachs disease. Mediterranean patients such as Greeks and Italians often



Staying fit and continuing to exercise during pregnancy is encouraged due to the multitude of benefits such as weight control, muscle fitness for labor and delivery, lower rates of gestational diabetes, and overall cardiovascular benefits, to name a few.



**Q WHAT IS A SONOHYSTEROGRAM AND WHY DO I NEED ONE?**

**A** A sonohysterogram (aka, saline infusion sonohysterogram) is performed without anesthesia and, in most cases, is a brief, well-tolerated test. In the office, a small amount of sterile injectable saline is used to instill fluid in the endometrium, while a direct abdominal ultrasound looks for abnormalities. Sonohysterogram is used to determine if there are any polyps or fibroids in the lining of the uterus. If present, however, they will not be taken care of during this test (sonohysterogram is a diagnostic test, not therapeutic) or at this setting. Instead, operative hysteroscopy will be used to remove the polyp or fibroid. Sonohysterogram should be performed right after a period in the early follicular phase of the cycle. It is contraindicated to do a sonohysterogram in the setting of pregnancy or infection.

**Q WHAT IS TOMOSYNTHESIS AND SHOULD I HAVE IT DONE WITH MY MAMMOGRAM?**

**A** Tomosynthesis is 3D mammography and an additional tool for the radiologist to assess your breasts during your annual mammogram. It provides a better image with lower recall rates than traditional mammogram because it helps to overcome the obstacle of overlapping dense

breast tissue. It is particularly useful in women with fibrocystic breasts, but should be considered for all women having a mammogram. There is a small increase (8% higher) in the amount of radiation dose to the glandular tissue of the breast with tomosynthesis, but that must be weighed against the improved accuracy, less false positives and less recall rates for additional films.

**Q WHY IS BREASTFEEDING SO IMPORTANT FOR ME AND MY BABY?**

**A** Breastfeeding provides important short and long term benefits for the mother and baby. For mom, there is a reduced risk of breast cancer in the future (in the range of 7% decrease in breast cancer per year of breastfeeding). In addition, from the convenience perspective, there is a constant supply of nutritious milk at the perfect temperature and requires no heating or preparation, immediately available. From the baby's perspective, there is a dramatic bonding that occurs when breastfeeding is successful. The medical benefits are numerous and include less chance of allergies and asthma, and less infections due to passive immunity through breast milk.

**Q WHAT TYPE OF EXERCISE IS ALLOWED DURING PREGNANCY?**

**A** Exercise is an important component of a

healthy lifestyle, and pregnancy is no exception. Staying fit and continuing to exercise during pregnancy is encouraged due to the multitude of benefits such as weight control, muscle fitness for labor and delivery, lower rates of gestational diabetes, and overall cardiovascular benefits, to name a few.

Women with high risk pregnancies may be counseled to avoid vigorous exercise in pregnancy. Some of these situations include placenta previa, preterm labor and maternal cardiac and pulmonary disease. Each case should be assessed individually, and discussed with your obstetrician and health care team. For the low risk patient, there is no target heart rate; when you become very tired, listen to your body and stop. Exercises that require you to lie flat on your back after 16 weeks of gestation should be avoided or a towel or wedge should be placed under the right hip/buttocks, producing a left lateral tilt. Exercises that are good in pregnancy include but are not limited to walking, running, jogging, swimming (as long as membranes are intact), tennis, elliptical machine and stationary bike. Thirty minutes of exercise per day is recommended.

**Q WHAT EXERCISES SHOULD BE AVOIDED IN PREGNANCY?**

**A** Any exercise where you are flat on your back without a wedge should be avoided. Stay away from activities with the potential of raising your core body temperature (such as being submerged in a hot tub or taking hot yoga). Any contact sports where there is a potential of injuring your belly should clearly be avoided and steer clear of sports where there is a great likelihood that you could fall and become injured such as downhill skiing, horseback riding, bike riding, roller blading or roller skating. Scuba diving is contraindicated due to pressure/decompression issues.

**Q WHAT IS THE BEST METHOD OF PAIN RELIEF IN LABOR?**

Epidural anesthesia is a safe, effective and widely used method of pain control in labor. It is considered a form of regional anesthesia and provides relief of pain in labor without the systemic side effects of intravenous medications. Less than half a percent of women develop a spinal headache (which is remedied by the anesthesiologist giving the patient a blood patch), and extremely low rates of serious issues such as infection, injection of medication into a blood vessel and high spinals or epidural



Air travel up to 36 weeks on commercial airlines is safe in pregnancy.  
The cabins are pressurized, so oxygenation is not an issue.  
After 36 weeks, we prohibit air travel due to the increased risk of delivery.

hematomas occur. It takes minutes to perform, and once the epidural space is located, a soft plastic catheter is placed there to provide continuous pain relief that lasts through labor. It can be reinforced with stronger medication in the event of a cesarean section, and can be left in for days to provide postoperative pain relief that is effective and not systemic.

There are some conditions that prevent a woman from having an epidural, such as certain bleeding disorders, some blood thinners, very low platelet counts, severe disc herniations or back problems, severe untreated scoliosis and prior rod placement in the back that can technically preclude placement.

#### Q MY BABY IS BREECH - WHAT ARE MY OPTIONS?

**A** In the first, second and early third trimesters, it is completely normal for your baby to be in the breech presentation (bottom first, instead of head down). Once you are about 36 weeks pregnant, we expect the baby to come into the pelvis in the head down (vertex) presentation. After 36 weeks, if the baby remains breech and there are no maternal or fetal contraindications, an attempt at turning the baby (external cephalic version) can be offered. This should be done in a hospital setting, with the ability to immediately deliver the baby if there is a situation of complication/fetal compromise. An ultrasound is performed to determine if the baby is still in the breech presentation. We have seen them flip in an hour with no warning; just because it was breech yesterday, doesn't mean it hasn't turned, so do check prior to version.

We like to take an ultrasound to check that the baby is appropriately sized by obtaining measurements for an estimated fetal weight. We make sure the amniotic fluid volume is sufficient prior to turning the baby and there are no fetal abnormalities or umbilical cords around the neck. If all criteria is met and the patient has been adequately counseled and agrees, the patient is usually given an injection of medication in the arm to relax the uterus and under direct ultrasound guidance, the baby is gently lifted out of the pelvis by the obstetrician. Then we wait and assist the baby in turning in the right direction. Monitoring the baby to assure reassuring fetal status for at least 30 minutes on the monitor after version is essential. If this puts the mother into labor or the water breaks, we are then committed to delivery, with the mode of delivery based on whether the version was successful or not.

For an unsuccessful version, another attempt can be made in a week. Alternatively, the patient may select a cesarean section, recommended for those who refuse a version, who are not candidates for a version, or for those who fail version. The term breech trial was a study that showed there is significantly more risk associated with delivery of a full term breech baby vaginally. There are certain instances where labor progresses very quickly and term breech delivery is imminent and unavoidable, but the majority of cases will be managed as above.

#### Q WHAT IS MECONIUM AND WHAT SHOULD I KNOW?

**A** Meconium is when the baby has a bowel movement in utero. It is very common and is often a normal finding with regard to term fetuses where it represents the normal maturation of the fetal bowel function. The longer the patient's pregnancy persists (especially common in overdue pregnancies), the more likely there is to be meconium. In some cases, meconium can be pathologic and represent in utero stress or distress. The most important situation in regard to meconium is how the baby appears to be doing in utero based on the fetal heart rate tracing. If the fetal heart rate tracing is reassuring, we allow labor to progress and anticipate a vaginal delivery. If there are persistent abnormal/non-reassuring fetal heart rate tracing changes in combination with meconium, concerns for fetal well-being come to the forefront, and delivery should be effected (vaginal, operative vaginal or cesarean section, depending on how close the patient is to delivery). If you have meconium, your obstetrician will have a pediatrician present at the delivery to assess and suction the meconium. Only in rare cases will meconium be aspirated by the baby, which can be serious. If you have meconium, this is not an indication for a cesarean section and most patients with meconium deliver vaginally. Your doctor will follow you very closely in labor, especially with regard to the fetal heart rate tracing. In some cases, your doctor may put an internal fetal monitor on the baby's head if needed to better assess the situation.

#### Q IS CAFFEINE SAFE IN PREGNANCY?

**A** Caffeine in moderation is safe in pregnancy. Many studies have been done that have confirmed no significant birth defects or fetal problems associated with daily consumption of less

than 200mg per day of caffeine, which is less than two 8 ounce cups of coffee a day. One or two small cups per day is totally acceptable.

#### Q IS AIR TRAVEL SAFE IN PREGNANCY?

**A** Air travel up to 36 weeks on commercial airlines is safe in pregnancy. The cabins are pressurized, so oxygenation is not an issue. After 36 weeks, we prohibit air travel due to the increased risk of delivery. It is important for pregnant women to ambulate every hour when awake on the airplane to improve circulation, as there is a higher risk of blood clots in pregnancy, as well as with air travel, especially on long plane flights. For very prolonged flights, it is often recommended for pregnant women to consider using compression stockings and in some cases, short-term treatment with blood thinners such as baby aspirin or even injectable medications such as Lovenox; speak to your doctor about your personal history and length of the flight to determine what is right for you.

Air travel can be dehydrating. Drinking a lot of fluids and keeping your bladder empty is very important. Always take out trip insurance during pregnancy and discuss your plans with your doctor, who may limit your air travel if you have a high-risk pregnancy or a multiple pregnancy, and especially if you are flying far or out of the country.

#### Q HOW MUCH WEIGHT CAN I GAIN IN PREGNANCY?

**A** That answer depends on whether you are starting out underweight, normal weight or overweight, as one size does not fit all; weight gain in pregnancy is no exception. Pregnancy is not a license to eat in an uncontrolled fashion. Excessive weight gain can lead to gestational diabetes or hypertension, as well as fetal macrosomia (an excessively large baby) that can increase the risk of cesarean section as well as delivery complications for mother and baby. Not gaining enough weight can lead to a low birth weight baby. The average weight patient should gain between 25-35 pounds in a singleton pregnancy (35-45 for a twin or multiple gestation). If you start out underweight, you should gain 28-40 pounds, and if overweight 15-25 pounds. In the obese patient (body mass index of greater than or equal to 30), 11-20 pounds is recommended.

*Dr. Wendy Fried is an ob/gyn with Northern Obstetrics and Gynecology in New Hyde Park and can be reached at 516.365.6100. ■*





## EXPERIENTIAL Dining

Restaurateurs and retail organizations alike increasingly look to partnerships as a way to drive new, memorable experiences.

by MCLEAN ROBBINS

A sneak peek while under construction; the full pod experience is now complete.

IN A WORLD WHERE EVERYTHING IS A phone tap away, luxury retailers and restaurateurs are working harder than ever to offer one-of-a-kind experiences to guests. After all, when renowned restaurant critics and celebrity chefs are designing meals delivered to your door (a la Purple Carrot and Hello Fresh) and sous vide cooking can now be controlled via an app on your smartphone (thanks, Mellow) we need dining that truly wows.

That's partly why the opening of Miami Supercar Rooms, the nation's first auto art gallery and gourmet dining experience, has us talking. The founder of the UK's well-known London Motor Museum has spiced up his first U.S. outpost by marrying the first custom-made Auto Art Gallery – housing some of the most desirable cars in the world – with an exclusive dining experience in Miami's burgeoning Wynwood Arts District.

If you're a car fan, the decision to hop a flight to Miami is a no-brainer. The cars aren't just expensive – they are, as owner Elo, a British fashion model turned auto collector puts it – “road art.” Think a 1981 Delorean and a 1967 Mustang “Eleanor.” These highly customized machines are “the showcase of my life's work,” and showing them off is a passion. After all, he says, “there's no point having art if you don't share it.”

But Elo, who goes by his first name only, wasn't content just to share his cars in a stuffy museum type environment. He wanted a rea-

son for collectors and enthusiasts to return again and again. So he came up with an interactive experience that would combine all the things he loved: fine dining, great music and superior cars. After brief trials at his London location that sold out in just a few hours, the concept was born.

Miami, he said, is a natural choice, with its large percentage of well-heeled international travelers, its driving lifestyle and already exceptional culinary scene.

The concept is relatively simple – diners reserve private “pods” that accommodate up to six people for an entire evening, inclusive of food and drink. Each pod is themed around a car, say, a 1955 SL Mercedes Gullwing or a 1953 Lamborghini tractor, one of three remaining in the world. Your meal? A custom designed multi-course feast arranged just for you and your guests, hand crafted and delivered by the chef himself. A trained associate is on hand for the evening to share everything from insider knowledge to more champagne for the table. Monthly pop ups will feature some of the area's top restaurateurs, themed

where possible to time with local events and experiences.

GK Bistronomie's Chef Rafael Perez, the first chef partner, understood the concept from the first meeting. “Elo is on to something,” he said. “It's an innovative way of getting our name and craft out there to an audience that we know appreciates fine craftsmanship.”

By day, the venue is open for fans of luxury cars; by evening it's a full nightclub experience that drew many a well-heeled guest at this spring's Art Basel. To keep the exclusivity, the Rooms has a free membership program, with membership granted to each guest upon initial entry. Guests start as “Black” members who have access to the bar and main gallery. Spend enough time at the venue and you'll earn Silver or White status, where you can purchase dining reservations, have full access to the Auto Art Gallery and gain extra perks to be determined by management.

Part of Elo's vision? Not just to show off his own collection, but to offer a reason for some of Miami's highest-end collectors to show off their own supercars. The gallery reserves seven spaces just for diners and visitors who want their rides on display. One such owner of a million-dollar-plus supercar has already secured a reservation for next month, and the rooms are booked nearly six weeks out.

At \$3,000 a night for six people, the experience is pricey, but not exorbitant. “The car guys think it's cheap!” Elo says. But even non car buffs will walk away with something,



be it knowledge (did you know that sculptor Rembrandt and automotive great Bugatti were brothers?), a bragging-rights experience, or a gift, like the custom silver tea set designed for Supercar Rooms – a nod to Elo's British background – given to each guest who dines. Elo plans to change the gift quarterly in hopes that some guests who return will enjoy a different experience each time. We're not sure we'll sign up for a monthly visit, but a special occasion night out during our next visit to Miami sounds like an evening well worth the cash.

There's no doubt that a visit to Miami Supercar Rooms can be a "bucket list" tick-off for the true car buff. But is the marriage of dining and retail a gimmick or the sign of a larger trend? The jury is still out.

The experience of wooing big-ticket purchasers with lavish dinner-and-a-show and perks is hardly new—hence the term expense account dining or the old school "dinner theater" experience – but we're seeing signs that this marriage isn't just between cars and haute cuisine. It's not widespread, but there's certainly anecdotal evidence that dining is moving towards a partnership with other industries to complete an experience rather than just a meal.

In Washington, DC, there's Maketto, a "food and fashion marketplace" where James Beard award nominee Erik Bruner-Yang turns out some

of the city's best Taiwanese and Cambodian dishes in a 60-seat restaurant alongside a well-curated mix of local and international clothing, accessories and reading material. Don't want dinner? A café, featuring fresh pastry and locally roasted coffee, is available if you prefer a morning visit.

We've seen the café + shop concept for years among "ladies who lunch," when well-heeled women noshed regularly on the famed chocolate chip cookies and popovers at Neiman Marcus' NM Café or gabbed over chopped salads at Fred's inside Barneys or the Bergdorf Café, and the trend has re-gained steam. Ralph Lauren now has Ralph's Coffee on the second floor of its Polo flagship on Fifth Avenue, and of course there's the brand extension and popularity for his Polo Bar. Burberry boasts a similar café at its London flagship. Saks Fifth Avenue's flagship is even debuting a partnership with iconic Parisian restaurant L'Avenue as part of an ongoing renovation. Today, most high-end shops either boast a mini/coffee bar or at minimum offer champagne, chocolates or a beverage to their top customers as part and parcel to the experience.

We're also seeing evidence of this on a mainstream level. Urban Outfitters, the brand behind names like Anthropologie and home-focused Terrain has experience with bringing big name chefs into its stores for limited edition pop ups.

Why? While shoppers can increasingly go



Miami Supercar Rooms

online to make their purchases, dining out is seen as an experience, with sales reaching \$482 billion in 2014, up from \$395 billion in 2009. While cafes and coffee shops don't necessarily equate to more money spent on clothes, they do lead to longer time spent in store, and, to a certain extent, brand loyalty from the good feelings and memories made.

Obviously, it's a big leap to go from buying a latte and a \$500 cashmere sweater to a million-dollar super car, but the sentiment is the same. At the same time, it leaves us thinking.

What's next, fine dining at New York Fashion Week? We'll have to wait and see. In the meantime, we're off to dine alongside Maseratis in Miami. ■

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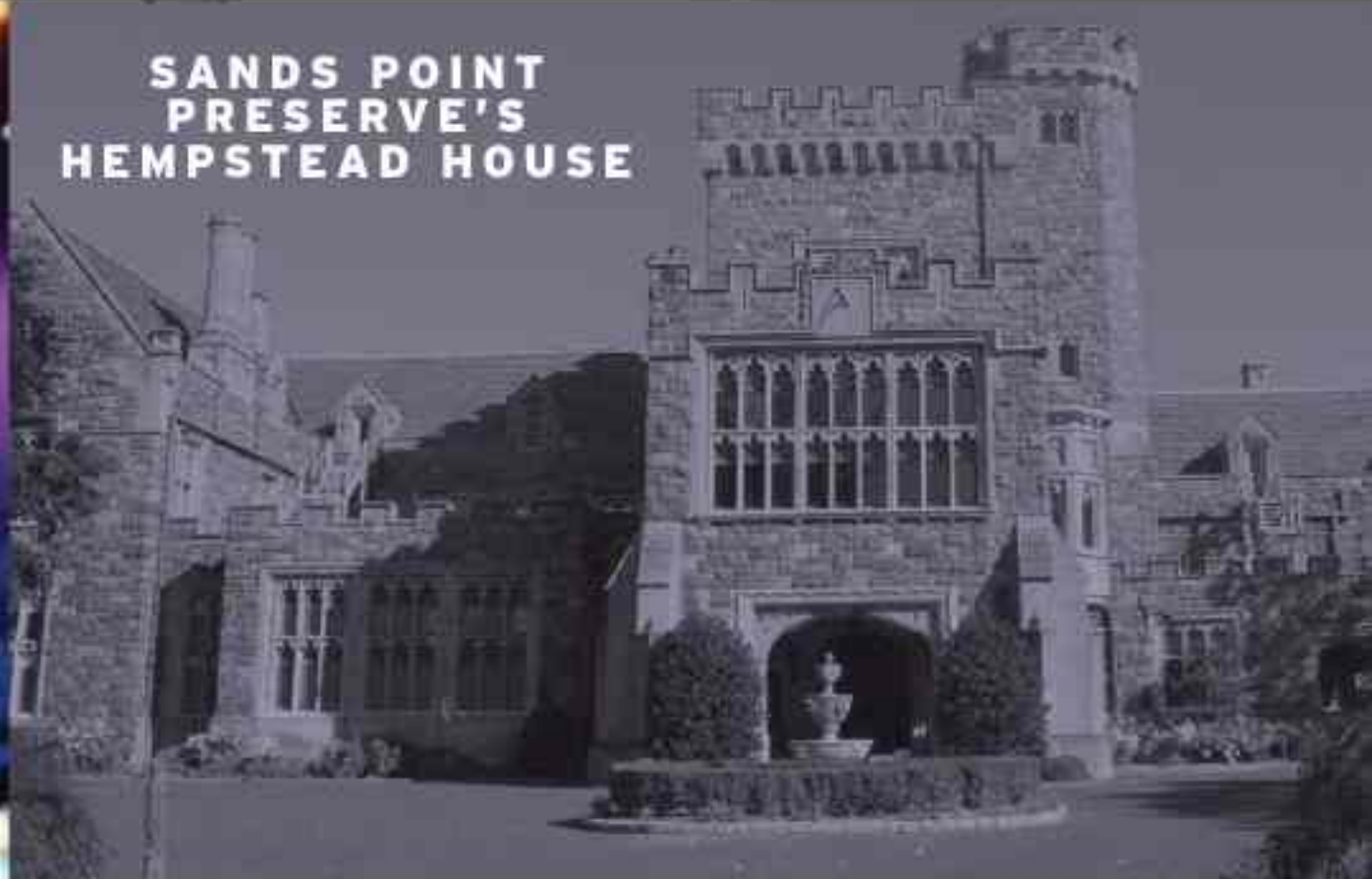
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